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Pensioner beats £44 ambulance charge

A disabled Essex pensioner, who was billed £44.15 for an ambulance ride, has got the charge scrapped.

Spanier Magee, 82, from Frinton-on-Sea, who has polio and bronchitis, was visiting a nursing home for a week's respite care. He refused to accept the charge because his doctor said the trip was medically necessary and he was backed by Essex Community Health Council, who persuaded the local ambulance service to scrap the charge.

A spokesperson for Essex Ambulance NHS Trust admitted there seemed to have been some confusion.

The Greater London Association of Community Health Councils, the Greater London Association of Disabled People and Age Concern want the patient transport service improved. They say Mr Magee's case is not uncommon.



Sheila Hands collected a postgraduate diploma in administration and a silver medal at Edinburgh's Napier University last month. "Freckles" met Kwik-Fit chairman Tom Farmer. THE SCOTSMAN

Budget winners and losers

The Government delivered a good news/bad news budget for disabled and elderly people in November.

The good news is:

- * Pensioners and people getting invalidity benefit, invalid care allowance, severe disablement allowance, and disabled people on income support, will get special help with VAT on fuel. A single person will get an extra 50p a week from April, when VAT is imposed at eight per cent, and a couple 70p. When VAT rises to the 17.5 per cent in 1995, single people will get £1 a week and couples £1.40.

- * Education will get a £670 million rise in 1994-95, and the NHS £1.6 billion.

- * And the tax allowance for blind people in work goes up £120 to £1,200.

The bad news is:

- * The VAT compensation package does not cover all disabled people. Those left out - for example, people on Disability Living Allowance (DLA) - will have their benefits uprated from 3.9 per cent from next April. People in work (but not on Disability Working Allowance) will get nothing.

- * There is to be a severe clampdown on Invalidity Benefit (IVB). The new "Incapacity Benefit", starting in April 1995, will be taxable and mean 834 fewer specially there will be strict medical tests attached.

- * Grants to councils are to be cut by £860 million for 1994-95. Local authorities are already predicting cuts in services.

- * The Housing Corporation grant will be cut by £300 million to £1.5 billion. This could

adapted properties built.

- * Petrol and diesel have gone up 3p a litre.

The biggest bombshell was the new, stricter test for IVB. At the moment, the Benefits Agency takes a general view of someone's ability to work, taking into account factors such as skills and the state of the job market. The new test will be strictly medical.

According to the consultation document, points will be awarded for how well you can do certain tasks, such as carrying a 5lb bag of potatoes, following a radio or tv programme or being able to see the shape of furniture in a room. The lower your score, the more likely you are to lose the benefit.

The new test will apply to people who claim from April

Continued on page 4

Abbey builds bad feeling

Abbey National staff have been accused of being unfair to disabled residents of a Surrey nursing home.

Care workers at St Bernadette's, a home for people with learning difficulties in Coulsdon, were outraged when they were asked not to take "these people" into the building society's local branch on busy Saturdays. Some angry customers threatened to boycott the branch as a result.

The problems began in November when a resident from St Bernadette's visited the local branch with care worker Mark

Downey to draw out £200. Mr Downey was surprised when the cashier insisted that residents could have a maximum of £50 a month, even though many have hundreds of pounds saved.

Mr Downey said: "It came without warning and any real explanation. I was shocked when, on another occasion, I was told by a cashier that I shouldn't bring 'these people' in on a Saturday because it was too busy and 'very inconvenient.'"

The home's administrative controller Diana Davis was then told it was no longer enough for one of the home's

staff to sign for a resident. A signatory must be approved by the Social Security Department.

"Their attitude was dreadful," said Mrs Davis. "There were constant references to 'those people'"

Abbey National maintained that St Bernadette's staff insisted on a £50 limit, but the home denied this.

A spokesperson for the building society said: "We regret any ill-feeling caused, but reject any implication that we have acted in a discriminatory manner."

Continued on page 5

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DN 01

Pioneer access plan

Nicholas Scott, Minister for Disabled People, visited Newcastle last month to launch a pioneering access strategy.

The Tyne and Wear Development Corporation (TWDC), a Government agency, was set up in 1987 to redevelop land along the Tyne and Wear rivers. It has produced the strategy to ensure buildings in the £190 million Quayside development are accessible for wheel-

chair users and people with sensory disabilities.

The free document, also in large print, braille and on tape, says the TWDC will provide design guidelines, expert advisers and a code of practice to help developers meet access standards.

Mr Scott praised the strategy as "an example for others throughout the country."

TWDC, tel: 091-226 1234.



Win a lot: Chris Tarrant (above, centre), host of Carlton Television's *Lose a Million* show, with the first winners of the £500,000 Carlton Television Trust fund. He presented five grants in November. Altogether there will be 117.

The money is going to London charities with education projects for children and young people who have special needs or are disadvantaged. First prize winners were the Royal National Institute for the Blind Education Centre, (£17,500 for an equipment hire scheme), the British Deaf Association, (£20,000 for a resource centre), Contact a Family, (£5,000 towards five play schemes), the Society of Voluntary Associates and the Indian Cultural and Arts Network.



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Dental fees up again

Dental charges are to go up, for the second time this year.

The 2.9 per cent rise, starting 1 January, brings the total increase in charges to 10 per cent over nine months, while the inflation rate has been about 1.5 per cent.

Labour health spokesman David Blunkett accused the Government of "deliberately obscuring" the increase in a Commons written answer.

On the fast track

Fourteen disabled graduates have joined Fast-Track, the two-year management training scheme leading to a management studies diploma.

Organised by The Spastics Society in partnership with 22 Training and Enterprise Councils and major employers such as the Bank of England, Boots, ICI, Central TV and Wellcome, the scheme offers a mix of study, on-the-job training and work placements.

Besides speeding up the entry of disabled people into management, "Fast-Track will prove to employers that they should be doing more to attract and recruit staff with disabilities", said Bridget Warr, chair of the steering group.

Up to 20 more people will be recruited in the New Year.

For more information, tel: 071-387 9571 or fax 071-383 3205.

Services are worse

A British Medical Association survey of 553 doctors has found that 85 per cent think community care services have deteriorated or not improved since local authorities took over responsibility last April.

The main complaints were that delays in assessing elderly people for residential places or home care blocked-hospital beds, and finding respite care or arranging meals on wheels was difficult.

Junior Health Minister John Bowis has said that the Government's monitoring suggests community care has got off to a good start, while a survey by the Association of Directors of Social Services found no significant delays in assessments or cases of people getting inappropriate care.

Are you the 'Model in a million?'

Enter the Sunrise Medical/Disability Now competition for disabled people and find out!

All you need is a lively, outgoing personality, stamina to cope with a busy day, and two photos of yourself. Entry forms from *DN*, tel: 071-636 5020 ext 245 or see the December issue of *DN*. Closing date: 31 January



1993's European Year of Older People was celebrated in Wales with a painting competition run by nursing home group The Rosenberg Organisation. Retired Crickhowell GP Gavin Herdman with prize winners (from left) Stephanie Davis, Jessica Morgan and Naomi Dickeson. MALCOLM LEWIS

Brussels, here we come

Another landmark in the history of the disability movement was passed on 3 December.

To celebrate the first International and European Day of Disabled People, over 400 disabled people from all 12 European Community (EC) countries took part in a Disabled People's Parliament in Brussels.

In the debating chamber of the new Parliament building, they discussed the need for civil rights legislation and passed a resolution asking EC institutions and national governments to end discrimination.

European Parliament President Egon Klepsch made a keynote speech and EC Commissioner for Social Affairs Padraig Flynn was among ten EC leaders to sign an "Affirmation of Commitment" to dis-

abled people's human rights. So did 300 British MPs in the UK.

The aim of the day, organised by Disabled Peoples' International (DPI), was to show Europe that disability and equal opportunities are human rights issues. Highlights included 24-hour vigils, parties and celebrations in cities and towns in every EC country.

Rachel Hurst, chairperson of DPI-EC said: "The day was a great success. There were some excellent speeches and a great feeling of solidarity. It was a real eye-opener to discover how similar the problems of disabled people are in each country."

But Jill Allen-King, President of the National Federation of the Blind, said: "I had mixed feelings about the day. The Parliament was too much

of a talking shop. Everyone gave their own statements but there was not much debate. I was also disappointed that there weren't any MEPs or EC ministers there to hear us."

Minister for Disabled People Nicholas Scott marked the day by previewing the first of London Transport's low-floor buses. The Trades Union Congress demanded equal rights for disabled people to training and employment. There was a demonstration against the Government plan to make employers pay half the cost of equipment or help for a disabled employee after six months.

The 220-strong All Party Disablement Group of MPs and 20 charities, including RADAR and The Spastics Society, called for anti-discrimination legislation.

Employers want new approach

The quota system should be ditched and new partnerships formed between Government, employers and disabled people, according to a new report by the Employers' Forum on Disability.

The report said that more than 90 leading employers and organisations see current employment legislation for disabled people as "ineffective, unenforceable and a significant impediment to progress". They want a new employment law, which would give disabled employees access to tribunals.

Forum director Susan Scott-Parker said: "Employers feel current legislation isn't helping anybody. Employment prospects for disabled people will only improve if employers, government and disabled people start working together."

"We support anti-discrimination legislation but this will take a long time to come about, so in the meantime, we need specific employment legislation to help disabled people."

Caroline Gooding, employment officer for RADAR, said: "I'm pleased so many employers want some form of anti-discrimination law, but I think the report is a little vague on the kind of partnerships that are needed."

Partnership: *A Fresh Approach*, £2.50, from the Employers' Forum on Disability, tel: 071-492 8460.



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Therapy Weekly 4th November 1993

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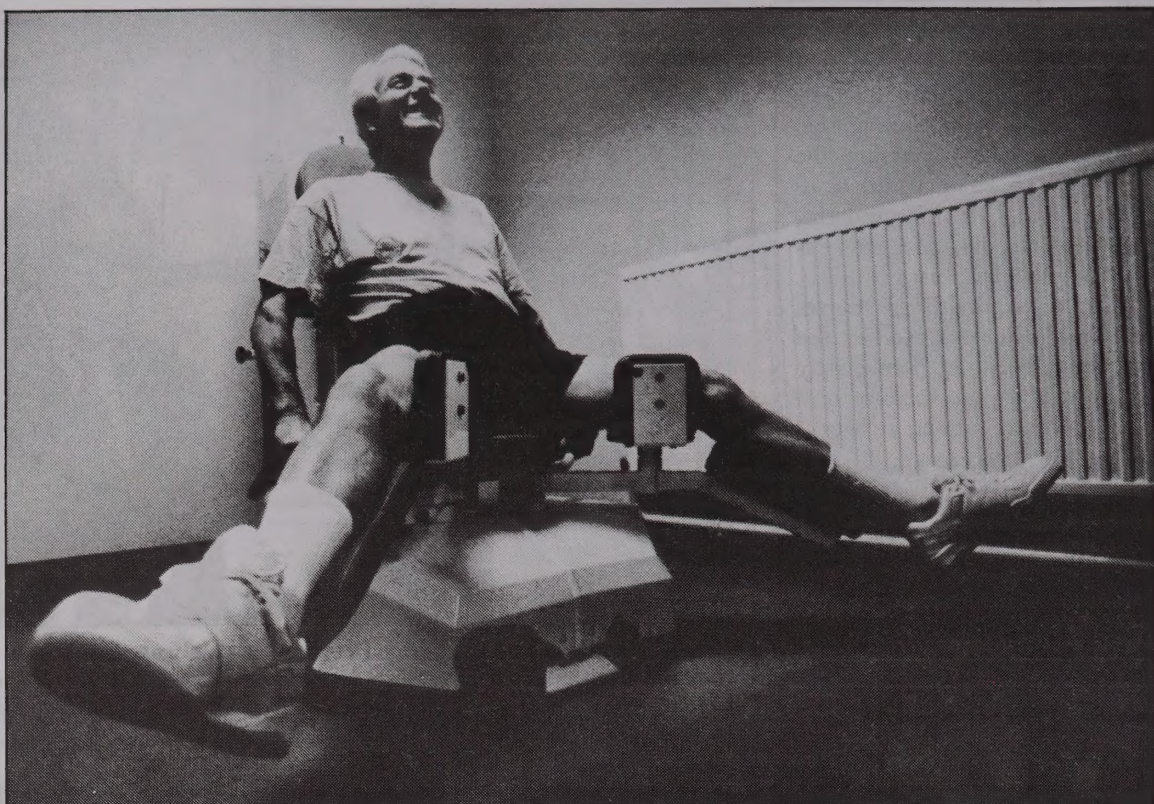


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Budget '93

Benefits uprating

MAIN BENEFITS	NOW (£/week)	APRIL '94 (£/week)
Attendance Allowance		
Higher	44.90	45.70
Lower	30.00	30.55
Child Benefit		
First child	10.00	10.20
Each other child	8.10	8.25
Disability Living Allowance		
Care component:		
Higher	44.90	45.70
Middle	30.00	30.55
Lower	11.95	12.15
Mobility component:		
Higher	31.40	31.95
Lower	11.95	12.15
Disability Working Allowance		
Single adults	43.95	46.05
Couples/Lone parents	60.95	63.75
Applicable amount (ie taper threshold):		
Single adults	41.40	43.00
Couples/Lone parents	69.00	71.70
Severe disablement allowance		
Basic rate	33.70	34.80
Age-related addition:		
Higher	11.95	12.15
Middle	7.50	7.60
Lower	3.75	3.80
Invalid care allowance	33.70	34.50
Invalidity pension	56.10	57.60
Retirement pension	56.10	57.60
Sickness benefit		
Under pension age	42.70	43.45
Over pension age	53.80	55.25
Statutory sick pay		
Lower rate	46.95	47.80
Standard rate	52.50	52.50
War disablement pension (100%)		
Private or equivalent	97.20	98.90
Widow's pension	72.90	74.70
INCOME SUPPORT:		
Residential care homes		
Very dependent elderly	215.00	224.00
Physical disablement:		
Under pension age	255.00	262.00
Over pension age	185.00	194.00
Mental handicap	255.00	232.00
Maximum Greater London increase	25.00	30.00
Nursing homes		
Physically disablement:		
Under pension age	315.00	325.00
Over pension age	280.00	290.00
Mental Handicap	285.00	295.00
Terminal Illness	280.00	290.00
Maximum Greater London increase	35.00	35.00
Individuals at home		
Single, under 18 usual rate	26.45	27.50
Single, under 18 higher rate	34.80	36.15
Single, 18-24	34.80	36.15
Single, 25 and over	44.00	45.70
Lone parent	26.45	27.50
Couple both under 18	52.40	54.55
Couple one or both over 18	69.00	71.70
Income support premiums		
Disability		
Single	18.45	19.45
Couple	26.45	27.80
Severe disability		
Single	33.70	34.30
Couple (one qualifies)	33.70	34.30
Couple (both qualify)	67.40	68.60
Disabled child	18.45	19.45
Carer	11.95	12.40
Family	9.65	10.05
Lone parent	4.90	5.10
Pensioner (single)	17.30	18.25
Pensioners (Couple)	26.25	27.55
Enhanced pensioner (single)	19.30	20.35
Enhanced pensioners (couple)	29.00	30.40
Higher pensioner (single)	23.55	24.70
Higher pensioner (couple)	33.70	35.30



Minister for Disabled People Nicholas Scott limbers up for the annual MPs and peers' Speedo charity swim for children in Northern Ireland

THE INDEPENDENT/TOM PILSTON

Budget winners and losers

Continued from page 1

1995 and those who have their claims reviewed after that date. People on the highest rate of DLA, those with terminal illnesses, and people currently on IVB who are over 58, will no longer be subject to any review after April 1995.

Mr Lilley said around 70,000 people would be taken off IVB as a result. "No-one who is genuinely unable to work for medical reasons has any cause for concern," he claimed.

Lorna Reith, director of Disability Alliance (DA) hit back: "There is no evidence that people currently claiming IVB are not genuine. A more stringent test is merely a way of cost-cutting."

Pauline Thompson of the Disablement Income Group said: "A purely medical test of incapacity for work, based on adding up scores relating to ability to carry out functions of daily living, fails to take account of the reality of there ever being the kind of employment opportunities for which a person with those

disabilities is suited."

To sweeten the pill, Mr Lilley announced that people on the new benefit would be able to do up to 16 hours voluntary work; those taking jobs with the help of Disability Working Allowance from April 1995 will qualify for free prescriptions and dental work; and the Mobility Equipment Fund for adapting vehicles will get an extra £1 million.

While the war continues over IVB, the VAT compensation package is coming in for criticism too.

John Mayo, director general of Help the Aged, estimates that VAT at eight per cent will cost people an extra 68p a week, and at 17.5 per cent £1.49 a week. "Pensioners already spend almost three times as much of their income on fuel as an average household and, for them, the choice between heating and eating will still be a very real one."

Lorna Reith of DA said: "Disabled people have higher than average fuel costs - for heating, laundry and electricity for things such as re-charging electric wheelchairs. Even those

disabled people who will receive some income-related benefit, will find the amount is totally inadequate to meet their extra costs."

Ann Robinson, chief executive of The Spastics Society said: "What about the hundreds of thousands of disabled people who do not claim any benefits and are too young for a pension but who still have higher heating costs because of their disability?"

Also amongst the compensation package for VAT on fuel was a pledge to increase cold weather payments for elderly and disabled people on income support from £6 to £7 a week and to £7.50 a week from November 1995.

Other help included boosting the Home Energy Efficiency Scheme - which gives grants to disabled and elderly people to insulate their homes - by £35 million a year from 1 April. All disabled people on benefits and elderly people will qualify.

Consultation document on Incapacity Benefit, free, from the DSS, tel: 071-962 8971. Deadline: 11 February 1994.

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Ruling limits free transport

The Court of Appeal ruled in November that parents have no right to free school transport, however far the school is from the child's home.

The case was brought by an Essex couple who wanted their son, who has learning difficulties and behavioural problems, to go to Mead School in Harlow, 14 miles away.

Essex local education authority (LEA), however, decided he should go to St Luke's school, only three miles away. The LEA offered free transport to Mead school, but not St Luke's.

The parents applied for a judicial review, submitting that once parents express a preference for a school then the LEA has an obligation under section 55 of the Education Act 1944 to provide free transport, even though a suitable school is available nearer. The application was rejected, and the case went to the Court of Appeal.

Lord Justice Russell ruled that while Parliament had accepted that parental choice of schooling was important, it was subject to "the avoidance of unreasonable public expenditure". As the parents had not shown that the LEA should have chosen Mead school, there was no duty on the LEA to provide free transport.



Mum in a million, Julie Linden-Wyatt, has won a national contest run by health care company HSA on the strength of a letter from her son Stephen, 11. He wrote that in spite of constant serious ill-health, she cared for him (he has dyslexia) and his severely disabled sister Shelley, when his Dad was away. He finished: "Mum still gets very tired but never takes it out on me ... with Mum's continuing help my sister and I will make it." The prize? A family holiday in Greece.

Print without prejudice

A print and design company, made up of 12 disabled people, was launched last month.

Neat Print (MK) was set up after staff took a training scheme at the Milton Keynes Resource Centre, a training centre funded and managed by

The Spastics Society.

Sales manager Paul East said: "This is an opportunity for us to earn a living without the prejudices and constraints we've always encountered."

Neat Print, tel: (0908) 232714.

DaRT slams taxi plans

Government plans to deregulate the taxi and minicab trade have been slammed by DaRT (Dial-a-Ride and Taxicard Users).

DaRT chairman Maurice Press fears that the Government Green Paper on the future of the taxi trade, published in October, will be "disastrous" for disabled people.

The paper said taxi and minicab firms should be able to adapt "with the minimum of regulatory burden". DaRT fear that such deregulation could lead to the licensing of many inaccessible minicabs.

Mr Press will present a petition to Transport Minister Stephen Norris in March. This calls on the Government to

ensure that only accessible taxis are licensed to operate in London by the year 2000.

"We don't think the system needs changing," said Mr Press. "There are 17,000 taxis in London and most are wheelchair accessible. The Government would be giving these taxi firms and disabled people a kick in the teeth if deregulation went ahead."

A Department of Transport spokesperson said: "The Green Paper is a consultative document and we are keen to hear comments from all interested parties."

DaRT, St Margarets, 25 Leighton Road, London NW5 2QD, tel: 071-482 2325.

Wirral advocate wins Whitbread

This year's national Whitbread Volunteer Action Award went to Lilian Baker, 48, of Bebington, Wirral.

Having used mental health services herself, she helped found Advocacy in Wirral for others. It has council support and is now part of Wirral's community care plan.

"There is so much stigma in community care - it's not enough just to put people into bed sits," she said. Pathways to Employment is another of her schemes for getting people into jobs.

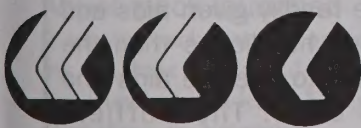


Jane Baker (left) nominated her mother for the award

Striking symbols, of what?

The English Tourist Board's new symbols, which are designed to show how accessible a hotel is for disabled guests, have come in for strong criticism.

The symbols, awarded after a Board inspection, are in the shape of an arm propelling a wheelchair. The symbol for one arm is rated best (least effort).



Charles Moore, director of the Disabled Living Foundation, is angry that they have been set up in competition with the Holiday Care Service Tourism for All symbol.

"The Board has shot itself in the foot," he said. "To have

two lots of symbols is confusing. I don't like the design, either. Unless someone told you they were meant to be people's arms, you would never guess."

Wheelchair user Alec Strachan, a Leicestershire county councillor, has joined in the criticism. "The symbols look like ice hockey sticks to me. If they are to be used, a hotel with three sticks should be better than a hotel with one."

"The Tourist Board seems to have stepped through the looking glass, where everything is the wrong way round. It's time they came out of their dream and joined the real world."

An English Tourist Board spokesperson said: "All new symbols take some getting used to and I am sure people will understand the system."

welcome all customers at all times."

Brian McGinnis, special adviser to Mencap, said: "Shortcomings in the law mean that many people who are well aware of what they are doing are denied access to their own money. Given the legal uncertainties, the Abbey National has tried harder than many others to be helpful."

Abbey builds bad feeling

Continued from page 1

"We have offered a flexible and high standard of service to customers from the St Bernadette's home. We do, from time to time, point out to all customers that Saturday is a very busy period and that service will be speedier if they come at other times. But we

New Insurance Scheme to Help you "Keep Mobile"

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DN 1/94

Folic acid campaign 'too late'

A Government publicity campaign that urges women to take folic acid has been criticised by the Association for Spina Bifida and Hydrocephalus (ASBAH) as "too little, too late".

The Department of Health announced in November that it would distribute 500,000 leaflets and 30,000 posters advising mothers to start taking a daily folic acid tablet at least a month before conception.

The aim is to prevent children from being born with spina bifida, anencephaly and encephalocele, which together affect about 2,000 babies each year. Research has shown that folic acid can reduce the risk of a baby being born with spina bifida by 70 per cent.

ASBAH, which has so far issued over a million leaflets on the benefits of folic acid, believes the Government should do more.

ASBAH spokesman Tony Britton said: "The Government response is too little, too late. It talked about launching a major educational initiative a year ago, but its campaign has been very disappointing.

"Frankly, we expected more. There's no advertising planned - nothing to capture the hearts, minds and imaginations of the millions of women who need to know about folic acid.

"The Government is throwing away an opportunity to

reduce the number of babies born with spina bifida."

A Department of Health spokesperson said: "The leaflets are only the latest phase of our campaign. Other measures taken so far include writing to health professionals asking them to bring folic acid to the attention of their patients, and providing details of food rich in folic acid which can be displayed in doctors' surgeries.

"In addition, the Ministry of Agriculture, Food and Fisheries has written to manufacturers encouraging them to increase the range of breakfast cereals and bread fortified with folic acid."

Herbal drug blacklisting 'inhuman'

A Chinese herbal remedy that has helped thousands of people with eczema has been taken off the NHS prescription list by the Government.

Dermatologists are furious at the move because they say Zemaphyte has helped patients who might otherwise have needed lengthy hospital treatment.

Two London hospitals, Great Ormond Street and the Royal Free, have run trials on Zemaphyte and found it has greatly helped some patients. But now the drug has joined the list of drugs that cannot be prescribed on the NHS.

A Government advisory committee made the recom-



Polio appears to have been beaten in the West, according to a new report in the *Journal of the American Medical Association*. There have been no cases in North America since 1979 and the last identified case was in Peru in 1991. THERAPY WEEKLY

mendation for the backlisting on the grounds that the drug is "not of therapeutic use in the treatment of disease in the community".

But Dr Malcolm Rustin, consultant dermatologist at the Royal Free, believes the decision was made to save money.

He said: "The decision to

ban Zemaphyte is inhuman and unbelievably uncaring.

"I have seen more than 500 people benefit from Zemaphyte. It is unfair that we now have to tell them that they can no longer have the treatment.

"The remedy is not cheap but it is a lot less expensive than having someone in hospital for a two-week stay, which is what we have to do if the condition deteriorates."

Stroke booklet launched

The Stroke Association has published a booklet which gives help and advice to young people who have had a stroke.

Readers are told how to cope and the booklet explains what can be done to prevent further strokes.

There is also information on benefits, equipment, transport, holidays, jobs and training.

Stroke in Younger Adults, 50p, The Stroke Association, CHSA House, Whitecross Street, London EC1Y 8JJ, tel: 071-490 7999.

Eyeing up the best treatments

Two new booklets on Nystagmus, a condition which causes rapid, jerky, involuntary eye movements, have been published by the Nystagmus Action Group (NAG).

The booklets give useful information about the condition, which affects about 50,000 people in the UK, and key contacts.

There is also advice from professionals, specialists, people with the condition and their families, as well as details of the latest research and most up-to-date treatments.

Growing up with Nystagmus and living with Nystagmus, both £2, John Sanders, NAG, Gordon-brook Road, London SE4 1JA.

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Further details may be obtained by writing to:

The Nuffield Foundation, 28 Bedford Square,
London WC1B 3EG;

or by telephone:

Application forms/information sheets: 071-580 7434

Queries/additional information: 071-631 0566.

Please quote reference VNAF/TO'N.

IN BRIEF

**Brady Bill passed**

A bill which aims to cut the number of people killed or disabled by handgun injuries in America has been passed by Congress.

The Brady Bill succeeded in November after a Republican attempt to block it was abandoned. It will introduce a five-day waiting period that gives police time to check the background of a handgun purchaser.

The bill is named after President Reagan's press secretary, Jim Brady (*above*), who was disabled in an assassination attempt on Mr Reagan in 1981 and has campaigned vigorously for gun controls (*DN*, May 1993).

Snowdon fights for jobs

Lord Snowdon has been appointed chairman of an Arts Council project that aims to increase the employment of disabled people in the arts.

It aims to break down barriers facing disabled people by holding seminars with employers and funding training schemes.

Arts Council chairman Lord Palumbo said: "We're delighted that Lord Snowdon has agreed to take on the leadership of this important project. His presence will make all the difference to this vital area of work."

**Access to the bench**

Pat Stothard, who runs a Young Arthritis Care group in Clwyd, Wales, has been appointed a Justice of the Peace.

Pat, 41, who has rheumatoid arthritis and is on the national committee of Young Arthritis Care, said: "I'm delighted. I'll have to do a lot of training, but it'll be worth it."

Abuse pack launched

A training pack aimed at preventing the abuse of disabled children was launched by Health Minister John Bowis in November.

The *Abuse and Children who are Disabled* (ABCD) pack helps social workers, police officers and health professionals understand, investigate and assess possible abuse.

The pack was designed and produced by the National Society for the Prevention of Cruelty to Children, Chailey Heritage, Way Ahead Disability Consultancy and the National Deaf Children's Society.

ABCD pack, £120, Caroline Riley, tel: (0533) 340804.

Correction

From *DN*'s December issue: Keith Ashton wrote the book *Fair Moving*.



Now it's Mr Mop. Robert Emerton, from Birmingham, has set up a home help service for elderly and disabled people. The idea came as he was recovering from industrial injury. Pride Home Help and Domestic Services, tel: 021-444 1983.

Stammerers missing out

Over two-thirds of people with a stammer say their disability has restricted their choice of job and stopped them aiming for the top, says the Association for Stammerers (AS).

The study, announced in November during Stammering Awareness Week, found that 63 per cent of people with stammers feel their disability has restricted their choice of job,

27 per cent said their speech fluency had hampered their promotion, and 60 per cent said their stammer was brought up in interviews.

AS director Peter Cartwright said: "The research shows that stammering is not just a personal problem, but an employment one as well."

AS, tel: (0767) 601260.

Charities escape EC minibus rule

British charities are to be exempted from a new European Commission (EC) rule which will require minibus drivers carrying seven people or more to pass an extra test.

After 1996, Britain will be the only EC country to allow holders of ordinary car licences to continue driving minibuses which can carry up to 16 passengers.

The exemption means that anyone with a valid licence over the age of 21 and with two years' experience will be able to drive a minibus van for non-commercial use.

Britain claimed the exemption because it was felt that the activities of charities, voluntary groups and schools would be jeopardised if they were restricted to using only professionally qualified drivers.

Tony Lumley, secretary-general of Mobility International, an umbrella organisation for

disabled groups across Europe said: "Britain needs the exemption because we have such a large network of charities and volunteers, including 75,000 for disabled people, who use these vehicles and rely on volunteer drivers."

*A unique free guide for elderly and disabled motorists will be launched this summer by the Research Institute for Consumer Affairs (RICA), a charity which provides independent consumer information to elderly and disabled people.

The Ability Car Guide will give advice and information on the suitability of standard cars for elderly and disabled people.

It will be funded by the £1 million that the car company Rover was ordered to pay last year for breaking EC competition laws.

RICA, tel: 071-935 2460

Gene research 'at risk'

Charities fear the rush by international drugs companies to patent human genes will delay the treatment of people affected by genetic conditions.

The Genetic Interest Group (GIG), an umbrella group of more than 100 voluntary organisations including the Down's Syndrome Association and the Huntingdon's Disease Association, is concerned that any progress made by research teams will be put at risk by firms taking out patents on the

structure of genes.

GIG has also criticised the Department of Trade and Industry for opposing European Commission proposals to ban gene patenting.

GIG director Alastair Kent said: "There is something fundamentally wrong about anyone owning part of a human being. Before patenting reared its ugly head, there was a lot of international collaboration between scientists, but patenting is putting that progress at risk."

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Russia's marathon challenge

Three Russian wheelchair athletes arrived in Britain in November to complete the European leg of an historic attempt to cross the globe.

Teacher Yuri Shapovalov, watchmaker Evengi Kolychokov and theology student Alexander Sukham are taking part in the Russian Around the World Marathon.

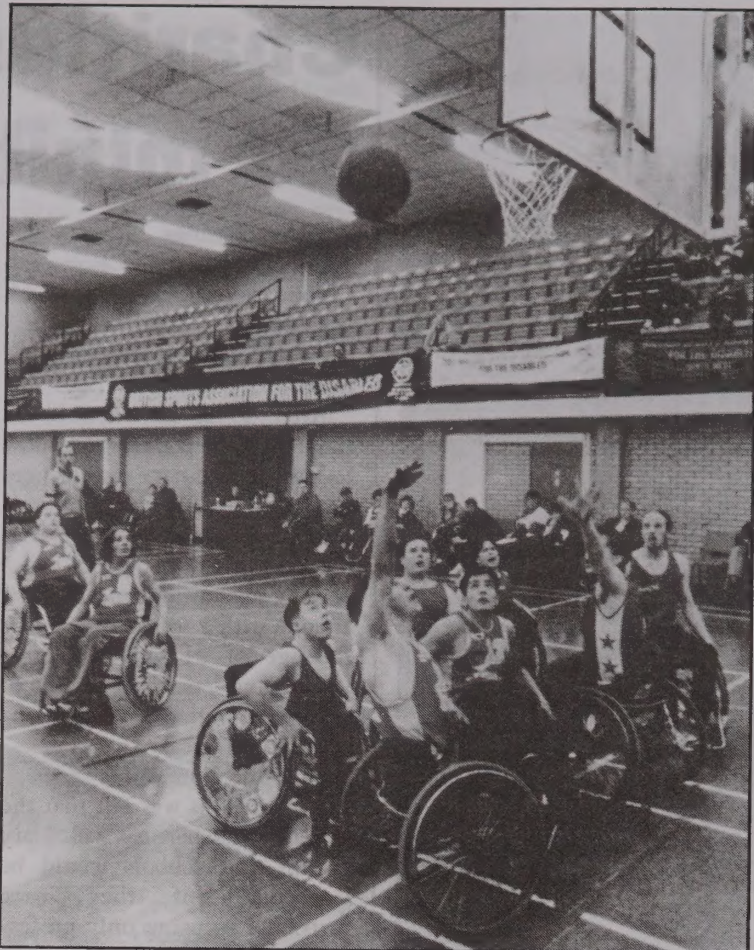
They have trekked across Russia and Western Europe accompanied by a doctor, coach and two lorries, which act as their dining room, bedroom and repair shop.

Sukham said the three men had organised the event with the help of the Russian Parliament's Co-ordinating Committee on Disabled Persons to test their strength, highlight the needs of wheelchair users and prove that disabled people do not need to be pitied.

He said the most arduous part of their journey had been the 1,200km across Russia from Vladivostok to St Petersburg.

"It was very wet and windy. We canoed some of the way and the roads were sometimes bad. But we were given flowers, shelter and tremendous hospitality in every village."

After arriving in Moscow, they were received by Russian President Boris Yeltsin and awarded medals for personal bravery. Their next goal will be to tackle North America and South West Asia.



Reach for the sky: Wayne Fisher scores to give the North West a 20-17 victory over the Tottenham Tigers. This was the nail-biting final of the British Sports Association for the Disabled's national junior basketball championships at Stoke Mandeville in November.

GRAHAM BOOL PHOTOGRAPHY

Welsh duo scoop awards

Welsh runners Tracey Hinton and John Nethercott have won the *Daily Express*/Yardley Gold Parallel Sportsman and Sportswoman of the Year Awards.

They were each presented with a cheque for £1,000 at a ceremony in London last month.

Hinton, from Cardiff, became the first disabled athlete to compete with able-bodied

runners when she entered the 1993 Welsh amateur athletics championships and won two silver medals and a bronze at the Barcelona Paralympics.

Nethercott, from Glamorgan, has won the 1993 World Cross Country championships, a Paralympic gold and is the 1,500m world record holder.

Southern on cue to win title

Tony Southern had to wait until the final ball at the British Sports Association for the Disabled's national snooker championships in Stirling, Scotland, to win the group four title.

Southern, 24, from Whiston, Merseyside, potted the black to beat Nottingham's Jeremy Rowbottom in the deciding frame of the final, which was sponsored by the World Professional Billiards and Snooker Association.

Rowbottom, 23, who was making his debut, had earlier beaten defending champion Glynn Lloyd in the first round and scored the tournament's highest break of 56 in the quarter-finals against Maureen Logan.

Rowbottom came close to snatching the title, but Southern's wealth of experience told in the end.

Southern, whose 2-1 triumph brought him his fifth title in six years, said: "That was a tremendous match. I enjoyed the game, even if it was a bit too close for comfort."

"Jeremy played very well. His potting was terrific and very cool under pressure. It was a very impressive performance."

Southern will be gunning for a sixth title next year and hopes to become the first disabled snooker player to turn professional.

Matt Duffy, 23, from Glasgow, defended his group two crown and Paul Flannigan, 29, from Whitham, Scotland, captured the group one title.

Sport is written by Tim Russell, tel: 071-636 5020

Fans guide to top venues

A handy guide for visually impaired people who enjoy sports events was launched in November.

Discovering Sports Venues covers football, cricket, rugby and racing.

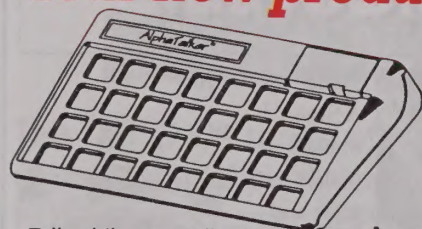
It has been compiled by the Royal National Institute for the Blind (RNIB) with the help of British Blind Sport and Irish Blind Sport. The guide gives the name and address of

Britain's main sporting venues and how to get there.

It also tells you what help you can get from the ground and other useful information, such as whether or not your guide dog is allowed, or whether you need to give the club advance warning.

Discovering Sports Venues, £2.50, RNIB, tel: 071-388 1266.

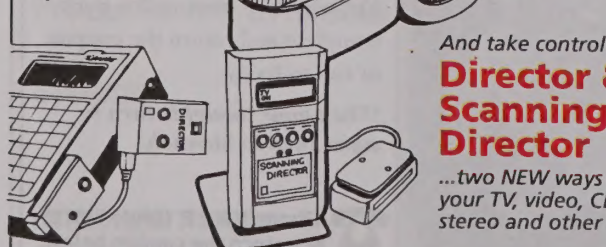
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DN/Newton winners meet Duchess

Winners of the DN/Newton Wheelchair Competition not only received their wheelchairs, worth a total of nearly £3,000, in November. They also met HRH the Duchess of Kent.

The Duchess, as patron of The Spastics Society, was in Birmingham to visit Newton, the manufacturing arm of the Society, and other centres.

Who won?

First prize, Newton's Badger Highway indoor-outdoor powered chair, with all mod cons - including kerb climber and red and black upholstery - went to Judith Smart from St Albans. Her winning entry listed the eight features of a manual chair and her suggested name was "Accolade".

Second prize, a Companion De Luxe self-propelling chair in chrome with red upholstery and a pair of interchangeable small wheels, was collected by Ann Bradshaw of Whitehaven, Cumbria. Her name for the wheelchair was "Inta 2000".

Runners-up, who received Newton polo shirts, were Sheila James of Pwllheli, Wales, Mr B Bass from Hartlepool and Veronica Webb from Portslade, Sussex.



Photocall with HRH for Ann Bradshaw (left) and Judy Smart, already in their wheelchairs

Access campaigners

Judy Smart and Ann Bradshaw had more than prize-winning in common. Both have campaigned successfully to improve access in their communities.

Judy, who has cerebral palsy, and whose mother was a founder member of The Spastics Society (no, we didn't know until we met her!) complained about inaccessible polling stations in her local newspaper and now most of them are accessible.

Working as a volunteer for Cable, an information and advocacy service in St Albans,

she produced an access leaflet which influenced local banks. "Some are now accessible, though Nat West, my bank, isn't. I can't even reach the bell."

Ann Bradshaw had more luck with her Nat West. When she saw them refurbishing the building, she wrote a letter ask-

ing if they had thought about wheelchair access.

"One day there was a bang on the front door and it was the customer services manager. Now there is a ramp and a new doorway. Its the only bank with access, so I tell other disabled people to open accounts there."

More independent now

In spite of chronic back pain, a legacy from childhood polio, which put a stop to her career as a chiropodist, Ann is an enthusiastic gardener. "We've had the garden put in pots." She and her husband Stan have two big dogs, and she is into embroidery and learning Spanish.

She likes visiting public gardens, so she was pleased to have interchangeable small wheels on the new chair to take her over rough ground.

Judy thought the Badger was very comfortable and appreciated Newton changing the controls then and there to suit her left-handedness. The chair would give her more independence, she said, and she was planning to use it a few days later to collect her MA from Herts University.

"I think it's a poor show there isn't an indoor-outdoor chair available on the NHS. It would give people their freedom."

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The man who does care a damn

November saw the first Stammering Awareness Week. Tim Russell talked to Dr Jonathan Miller about his disability

Dr Jonathan Miller has just flown into London from a lecture tour of the United States.

It's only 8.30am but he's raring to go. Any thoughts of jet lag have been quickly brushed aside and the multi-talented doctor is already contemplating his next project. "I'm about to direct *Rosenkavalier*, my first opera in London for many years. The production opens at the Coliseum in February and I'm very excited about it."

After more than 30 years of lecturing, performing and presenting television programmes, Miller still has an infectious enthusiasm for life. He is a natural communicator whose confidence and charm has made him an unlikely media star.

Since qualifying as a doctor in 1959, Miller, who is officially a research fellow in neuro-psychology at Sussex University, has worked in an astonishing number of fields. He is an author, radio presenter, film and theatre director and television presenter. He's also married, with three children.

In 1983 he was made a Commander of the British Empire and five years later the artistic

director of the Old Vic. But despite his success, he can still feel nervous about speaking.

The reason is the stammer he developed as a child. As he told Tim Newark, author of *Not Good at Talking*, a new book featuring personal recollections of famous people who stammer*, "Every broadcast I make I have to consider whether I will be able to say the words involved. When I was doing the arts show *Monitor*, there were certain artists who I found impossible to have on the programme because I couldn't introduce them."

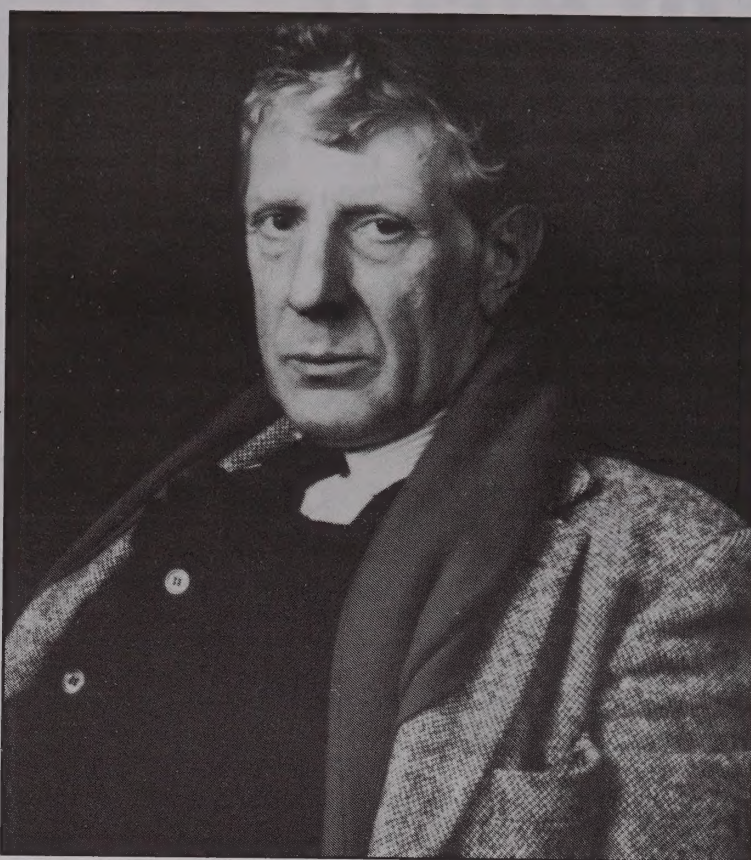
"Even with *The Body in Question*, I was always anxious about various names, Galen for instance. When I knew it was coming and I could see this hard 'G' steering towards me I knew I was heading into a four-wheel skid and would hit it."

Ticket to ride

Miller, 59, was born in London and educated at St Paul's School. He was constantly embarrassed by his stammer and even the simplest of tasks, such as asking for a bus ticket to Marble Arch, caused problems. "I couldn't get beyond the 'M', so when the conductor asked me where I was going I had to say, 'Take me to the Arch of Marble.'"

His disability made him very resourceful and he soon learnt ways to hide the stammer.

"I had a friend called Gillespie who also stammered. Now



Jonathan Miller: stammering is "a constant shadow"

I could just about say his name and he could just about say mine. So in the classroom roll call I would say 'He's Gillespie' and he would reply 'Yes, and he's Miller.'"

He was given speech therapy but it did him little good.

"I lived a life filled with fear and embarrassment and a sense that it is going to be difficult. I think that's because I was anxious, uninformed, and really hadn't got a public persona of any sort. The more confident I

got, the easier it got."

Miller was helped by the fact his father, a psychiatrist, also had a stammer. "We would exchange anecdotes about our difficult situations. It was never a problem at home, although I did get exasperated with my parents at times if they didn't understand how embarrassed I had been in certain situations."

"Fortunately, my stammer is no longer an obvious problem. I can't recognise a precise point of change. I gradually found it was no longer a serious threat to my life. But it still remains a constant shadow and some situations represent ordeals."

"I can't, for example, attend conferences where I am required to identify myself by name. I have to be introduced. Even on the telephone I will get my secretary to announce my name. Otherwise, if the person I am calling asks me who I am, I am reduced to replying, 'Ah, that's a very interesting question. Who do you think it might be?'"

Miller became interested in the theatre while studying natural sciences at Cambridge University. He found he could

perform without stammering and between 1961 and 1964 appeared in the satirical stage show *Beyond the Fringe*.

"It wasn't difficult for the first six months. But I gradually developed a neurosis about stammering. There were occasions when I thought what happens if I stammer on this? And then I did stammer. I became more and more worried until in the end I was forced to leave. I've not performed on stage for a long time because I know I wouldn't be able to do it properly."

Instead, he began directing films, opera and plays, including Shakespeare at the National Theatre. It was television, however, that made him famous. He wrote, presented and produced three major BBC series - *Madness*, *Born Talking* and *The Body in Question* - which proved very popular.

"I feel fortunate I can do a wide range of things because it stops me from getting too-bored."

Promoting awareness

Miller believes events like Stammering Awareness Week play a vital role in educating the public.

"Stammering is a disability which produces an intensity and embarrassment in a way that a limp, for example, does not. Anything which causes a gap in the communicative system produces embarrassment. I'm fine with people who know I stammer, but get nervous and stammer if they don't."

He admires people who go through life and "don't give a damn" about their stammer.

"It seems there are several ways to deal with the disability. You can either try and pass for normal, which involves all sorts of elaborate evasion techniques, or adopt the stammer as part of your personality, so that you make it your trademark. A third way is to endure it and make a life for yourself, with all the embarrassments and restrictions it involves."

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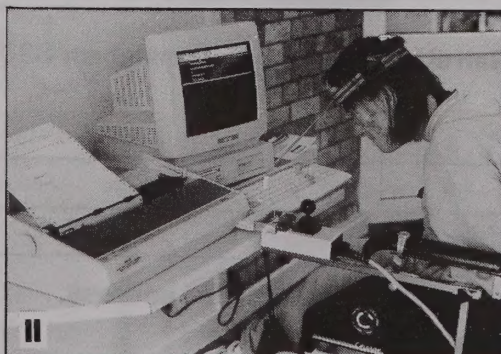
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I. Painting slipware ceramics

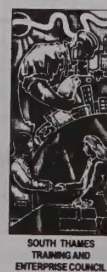


II. Computing using head probe

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UK inventor 'gobsmacked' the world

Little did the judges of the first Independent Living Design Awards know, when they chose a robotic arm as overall winner, that the world had got there first.

At the big REHA '93 exhibition in Dusseldorf this year, Handy 1 won instant recognition. A Japanese robotics expert was "gobsmacked", said Sean Canavan of European Market Management, who is promoting the aid. "He could not believe the simplicity of the concept of feeding and drinking, which is under the full control of the user."

Meagre financial support meant inventor Mike Topping had to put his home "on the line" in the early days. He still needs about £70,000 for further development - and a UK dealer.

He and other winners received their prizes in London last month from Minister for Disabled People Nicholas Scott and the Mayor of Westminster, Councillor Jenny Bianco.

Entries in the competition, organised by the Disabled Living Foundation (DLF) and sponsored by the British Surgical Trades Association, were judged for design excellence and whether they improved the quality of life for physically disabled people.

"If you take a bit of equipment into your home, you want it to look as if it belongs

there," said judging panel chairman Lord McColl, professor of surgery at Guy's hospital.

The judges, he said, were encouraged to see so many attractive and colourful products, though "I have to tell you we were a bit alarmed at some of the prices." He urged manufacturers not to price



Honoured at last in his own land: Mike Topping of Rehab Robotics (left) with Minister for Disabled People Nicholas Scott (centre) and judging panel chairman Lord McColl

Independent Living Design Awards

Children's equipment

MK1V fully adjustable wheelchair (Marshall Sports Chairs)

Home equipment

Joint winners: Baltimore bed (Nesbit Evans) and Pickup Reacher (Homecraft Supplies)

Hoists and lifting equipment

Onward transfer system (Onward Design)

Mobility

Sit Easy frame (Wheelchair Developments)

Highly commended: Dual Cycle (Howie Cycles)

Prosthetics

Self-supporting breast prosthesis (Coloplast)

Kitchen and Feeding

Robotic Arm (Rehab Robotics)

Bathroom and toilet

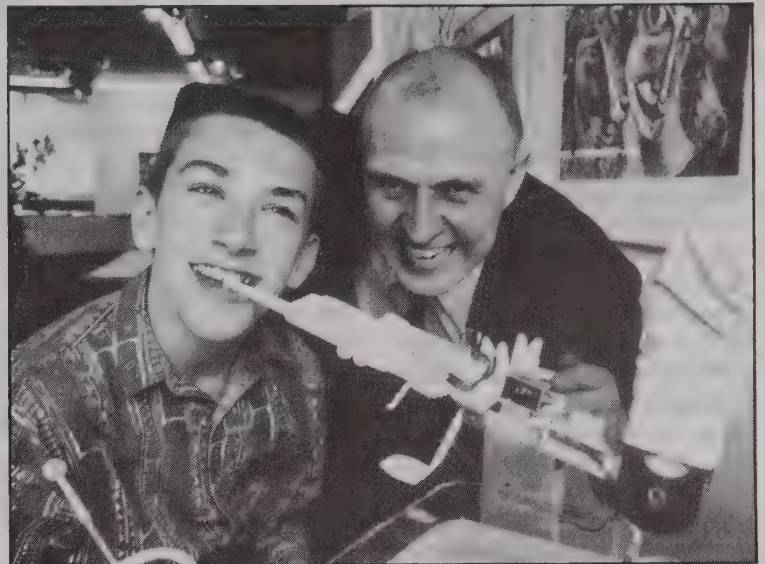
Toilet safety frame (Sunrise Medical)

Other

Roma potter's wheel (Roma Medical Aids)

things beyond the reach of users.

For information about the 1994 competition, contact DLF, 380-384 Harrow Road, London W9 2HU.



Mark Handley, 13, can brush his teeth, feed himself, have a Coke - and shave when he's old enough. He is one of 60 disabled people using Handy 1. At £4,000, it is estimated to pay for itself in nine to 12 months of carer-time saved. Mike Topping (right) will tackle make-up application next.

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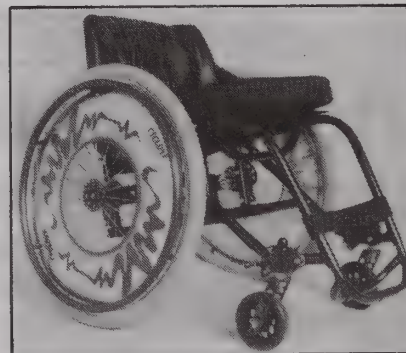
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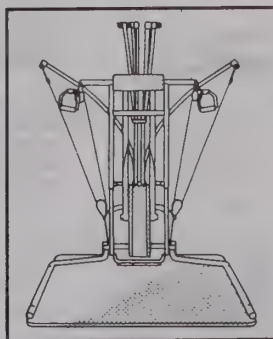
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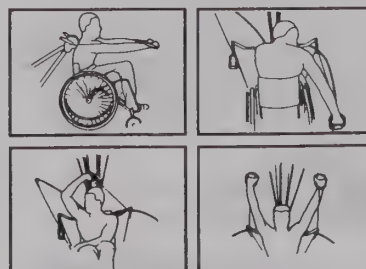
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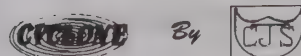


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The star with a touch of Eastern promise

David Griffiths tries out the new Vauxhall Astra 1.4 Merit



The first Astra I ever drove was a Teutonic, stoic little car, which demanded the strength of an ox to park and the foot of a bear to effect anything greater than a gradual speed reduction.

Early Astras were simply left-hand drive Opel Kadetts with the driving bits swapped over to suit the whim of the British motorist. It all looked pretty tidy, but out of sight (and never far from the mind of the driver) was the brake servo sitting all but forgotten by the front passenger's feet.

Stopping on basic hand controls required more G-force than a Tornado Jet could muster, or so it seemed.

Astra drivers became renowned for biceps, for even

if you did not require hand controls you still got the opportunity for upper body-building every time you tried to park one.

How things have changed. Today's Astra has none of this. Light, smooth, positive brakes mean perfect control, even in an emergency, whilst optional power steering considerably reduces the parking effort.

No ordinary automatic

Fire-up and you quickly notice that the previous clackety growl has been replaced by a more purposeful hum.

Slip into gear, head for the open road, and it soon becomes clear that this Astra bears no resemblance to its predecessors.

Take the gearbox. No ordinary automatic this. Nor is it one of those crazy elastic band jobs either. Four speeds with a slick, positive, automatic selection, plus "sport" mode if you want to leave the odd Fiesta or Nissan at the lights.

True, there are rivals with



The Astra 1.4 Merit: ready to dance in the Isles or scream in the Orient

similar facilities, but what's this? A star? No, a snowflake, actually. Selecting this position locks the transmission in third gear, enabling even the ham-fisted to pull away smoothly in ice and snow.

Driven gently, the gearshifts were imperceptible other than from first to second, and the engine note soft and unpenetrating. It was possible to hold 4th gear down to under 30 mph on my sample, which should do wonders for fuel economy.

Screaming away

In "sport" the mood changes dramatically, the car screaming away at maximum revs and giving such an exhilarating performance that it was difficult to accept that the engine is just another 1400cc. All very clever, and very practical.

It feels safe too, handling

well through sweeping bends and on undulating roads, with adequate "feel" being transmitted to the driver via the power steering. Some people may prefer more assistance, however, since it can be quite demanding on sharper curves or roundabouts and, clearly, you would be ill advised to have one without this option.

The ride is firm but very comfortable, although some users I have spoken to feel the seats are not so good as on the previous model.

Access is excellent through wide opening doors. Mine was a three-door version offering plenty of space for those with lower limb problems. Alas, the larger doors are heavy and the stays are not up to the job; you need care on a slope or a windy day if you are to avoid a hefty clout on the shin.

Headroom and leg room are excellent for the size of the vehicle, but the rear passenger footwell is poor.

Some people may find it necessary to fold down the rear seats to get a wheelchair in, although, in fairness, removing the parcel shelf (simply done) should suffice in most cases.

High quality finish

Finish externally and internally is of a high quality with even paint application, no unwanted glue trails or threads, and the vehicle is commendably quiet and rattle free. All-round vision is excellent and the instrumentation is clear and easy to read.

I have never liked Vauxhall fascias, particularly those of the Astra, which always seem to resemble a collection of left-overs in a bargain box.

There's little of this with the new one, but please, please, put the hazard warning switch on the top centre of the column. It is something on which the lives of drivers and passengers alike can depend and it should be instantly to hand and not at the end of a search in the dark across acres of plastic.

Eastern promise?

At £8,372 (with power steering) on the road, the Astra Merit automatic is an attractive proposition for anyone seeking an economic, reliable hatchback. It's full of surprises, with air filtration in the ventilation system to keep out the pollen, dust and other nasties as standard, airbag, anti-lock braking system and central locking options. And it's not a bit stoic or Teutonic.

The biggest surprise of all I have left until last. Underneath that gleaming little bonnet, it's all Japanese ...

Clever people, these Vauxhall folk. I just can't wait to get my hands on Astra's baby sister, the Corsa.

David Alston, Vauxhall Motability, Carlton House, 66 High Street, Houghton Regis, Dunstable, Bedfordshire LU5 5BJ, tel: (0582) 861888.

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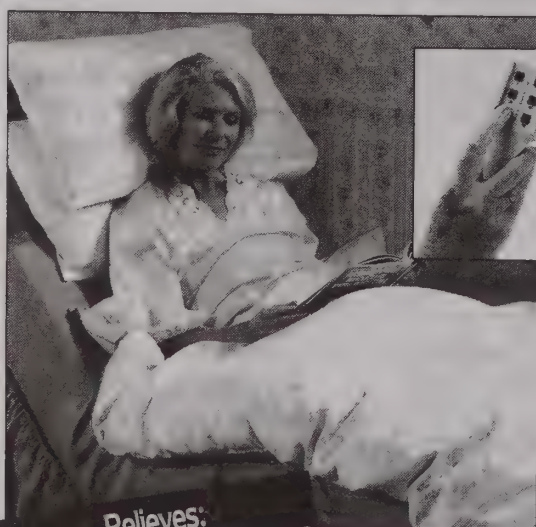
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Putting a stop to sleepless nights

A unique programme has just helped its 100th child learn the rules of sleep. Tim Russell reports

Alison Hayden used to wake up each morning feeling bleary-eyed and exhausted.

Her disabled five-year-old son Luke was the reason. He developed sleeping problems as a baby and would not settle down when put to bed.

"I used to be woken twelve times a night and sometimes never got to bed at all," she said.

But Luke's problems have now been solved by a sleep programme developed at Kent University's Institute of Social and Applied Psychology.

Luke, who has cerebral palsy, started sleeping properly within three months of starting the programme and is now as good as gold at nights.

Mrs Hayden, from Kent, is delighted and cannot praise the programme enough. "I feel far better now I'm sleeping. It's made such a difference."

The programme started life as an experimental project funded by the Joseph Rowntree Foundation. It was devised by Dr Lyn Quine, a research fellow at the Institute.

She believes that children have two basic kinds of sleep difficulty: settling problems where the child will not go to bed at night, and waking problems, where the child wakes up and disturbs parents.

"Sleep is a learnt habit," said Dr Quine. "The child who has a sleep problem has failed to learn the cues that associate going to bed with going to sleep. The poorer the child's communication skills, the more likely that they will have a sleep problem."

Dr Quine's methods were

developed after research showed that parents of children with sleeping difficulties often became highly stressed. She decided to help them by helping children learn the basic rules of sleep.

weeks so that the clinic can determine the frequency and severity of the problem.

A sleep programme is then drawn up which parents must follow to the letter.

The programme establishes a

and more fun."

Not everyone, however, finds the programme as easy to carry out.

June Roberts (not her real name) has a son with severe learning difficulties. She said:

of it there were no problems. He is now much less restless and has fewer temper tantrums."

Dr Quine gets about five letters a day. Many people have to be sent the sleep diaries by post because they live too far away to visit the Institute.

"We ring them regularly, however, and make sure there is someone, such as a friend or relative, who will support and encourage them."

Dr Quine is currently writing an information pack and parents' guide which she hopes will be funded by the Joseph Rowntree Foundation and the Mental Health Foundation.

Training sessions have also been held at the university for more than 60 local health professionals. They have been a great help to health visitors like Judith Barnes who worked with Luke, and has used Dr Quine's techniques to help other families.

"The programme certainly works," said Mrs Barnes. "I've seen some dramatic improvements. Parents who have not been getting any rest can now sleep though the night."

The clinic is currently the only one of its kind in the country, but Dr Quine hopes more will be set up. "There is a real need for this kind of clinic because a good night's sleep is so vital. It makes parents' lives so much easier."

Dr Lyn Quine, Institute of Social and Applied Psychology, Kent University, Canterbury, Kent CT2 7NZ.



Silent nights: Alison Hayden (right) can sleep peacefully now that her son Luke's sleep problems have been solved with the help of health visitor Judith Barnes (left).

The Institute tried the methods out on 25 local families and found every child benefited from the experiment.

Dr Quine was soon inundated with enquiries and set up a clinic at the Institute which drew up sleep programmes for families all over the country. The clinic, which gets no funding, helped its 100th child in November.

"We have found our methods can be used on just about any child with a sleeping difficulty," said Dr Quine. "The whole programme usually takes about three months, but parents often see improvements within four weeks."

Parents are first sent a sleep diary, which they fill in for two

firm pre-bedtime routine, tailor-made to the requirements of each child. In Luke's case, it lasts 45 minutes and includes a bath, a drink and a play.

Dr Quine insists that people must be firm with their children because the programme will not work if it is altered.

"Parents must make sure that waking up in the night is not rewarding," said Dr Quine. "You do not play games or give sweets or let the child watch television if he or she does not sleep."

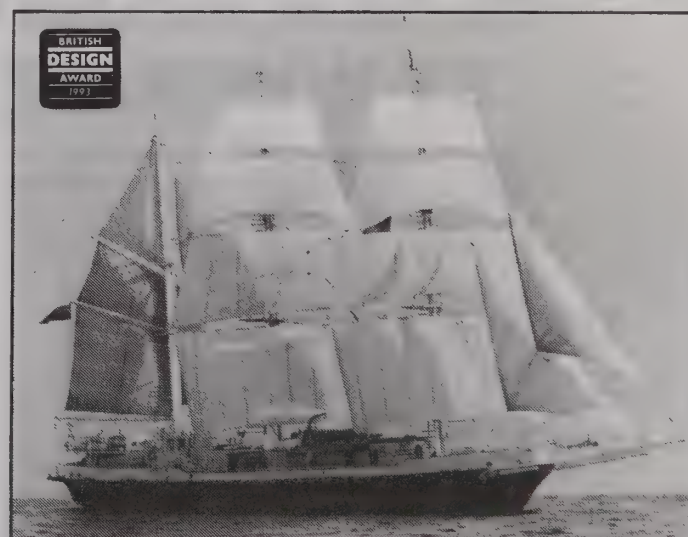
Mrs Hayden soon saw the beneficial effects on her son.

"Once Luke learnt the routine he settled more easily and does not wake at all now," she said. "He is happier, brighter

"We had to learn not to respond to Ryan during the night. He kept getting out of bed and I just kept putting him back and leaving his room without saying anything. This sometimes happened five or six times a night.

"Persevering was difficult, but once I got into the routine

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Letters to the Editor



Disability Now, 12 Park Crescent, London W1N 4EQ

No discrimination in court

Concerning the discrimination shown against disabled people in the courts (*DN*, November), I am in a wheelchair and sit on the Northavon Bench, which, fortunately, is a modern court with easy access.

I have found no discrimination at all and everyone concerned at each stage of selection and training has been most helpful, kind and considerate.

I can only judge from my own experience, but I feel the main obstacle to the appointment of disabled JPs is not discrimination, but lack of access at some of the older courts.

Frances L Bateman
Chipping Sodbury,
Bristol

Legislate for room size

I've followed the letters about the lack of space and facilities for keeping electric scooters and the like in sheltered housing (*DN*, October and November).

These homes, with bungalows for disabled people, are so tiny as to be simply farcical. Anyone who is confined to a wheelchair and is pretty well stuck in one spot every day must suffer agonies of frustration.

Our council gave me the chance of a "disabled bungalow" some years ago, but I was disgusted by its dimensions.

Fortunately, we were able to afford the deposit on a four bedroom ex-council house instead, and the council supplied a stairlift.

By courtesy of my wife keeping furniture simple and arranging it judiciously, I have plenty of space to wheel about.

Homes for disabled and elderly folk are small because it saves money, of course, so along with all the others it seems we need a pressure group to get minimum sizes for housing legislated.

On the other hand, my GP tells me that I am not typical in my desire for exercise, so perhaps most people are quite satisfied with the size of house they get?

Jim Straughan
Hartlepool
Cleveland

See Hear caused offence

I would like to state a view about the recent BBC 1 *See Hear* programme.

Some disabled groups are wary of raising an issue amongst other disabled people for fear of being accused of discrimination themselves, but

I feel the line has been crossed. Discrimination is discrimination wherever it takes place.

I am a profoundly deaf person and disabled, and I have the right to say what I feel. I have complained to *See Hear* as well.

23-28 November was the blackest time for deaf people for years and the disability movement.

Doug Alker, a quality control executive at the Royal National Institute for Deaf People, and respected deaf individual, was universally and rightly condemned for his "deafness is no problem" statement. He reduced parents of deaf children to tears, and years of campaigning work have been lost.

27 November saw the nail driven into the coffin of integration by *See Hear*. Deaf participants said that seven million deaf/hearing-impaired people weren't disabled people at all. Then they were seen on screen openly discriminating and refusing co-operation to fellow disabled people on prime time tv.

None of them displayed any disability awareness. What next, we aren't even deaf?

I am involved with two disability groups. My fellow disabled people help me unstintingly without favour or payment, a lesson no deaf group has learnt yet.

I believe integration and full co-operation with other disabled people is the only way we can gain rights and achieve integration of the deaf/hearing impaired population in society.

Participants in the *See Hear* programme represented nobody but themselves and

certainly not the majority view, who by and large cannot represent themselves because they aren't allowed the same platform as these extremists.

See Hear allowed discrimination to be seen as somehow acceptable because it came from someone deaf.

Mervyn James
Bishton, Gwent

Woking gets it right

Commenting on "Disabled shoppers kept out" (*DN*, June), surely a shopmobility scheme is needed wherever pedestrianisation is introduced?

Last year Woking Shopmobility was opened. It coincided with new parking arrangements for orange badge holders, which were not, in my opinion, useful to the less agile wheelchair user or those with very limited walking ability, though they appear to be used.

As a weak-armed wheelchair user, I joined shopmobility and can truthfully say shopping has never been easier.

Woking Shopmobility has a small section of a multi-storey car park, a selection of electric and manual wheelchairs, and scooters. Chairs are delivered to your car or to the community transport pick-up point. Footrests are adjusted to user requirements and water-proof capes loaned for wet weather.

The scheme is available during shopping hours. Pushers are provided for the manual chairs, if needed. Entry from the car park to the indoor parts of the shopping area is under cover. And when you return fully laden, help is available to load the car.

Brigid G Braine
Lightwater
Surrey

New "handicapped"

As people with disabilities do not care for the designation "handicapped" any more, perhaps it could be taken over by a group of people that it fits much better, the carers.

These are the people who have "special disadvantage of impediments imposed upon them" by law, by the government, by society at large and not least by people with disabilities themselves.

The change of name is desirable because the present one is inaccurate and the terms "compelled to care", "should care", "isn't it rewarding for you to be allowed to be a carer?", or "please care" are clumsy and offensive.

Even my suggesting that some of us do not like the role we have been "fitted" for is likely to cause pain, but if we can't air our legitimate grievances in the nearest thing we have to a "trade paper", where can we?

Derek Middleton
Swinton,
Mexborough, S Yorkshire

sic

Get lost

Victor Lewis-Smith, tv star and critic, is a funny chap.

In a recent *Evening Standard* column, he was doing a great job criticising programmes such as *Beadle's About* and *That's Life* for laughing at people rather than with them. (Sample item from *Beadle's About*: girl starts work at hair-restoring clinic, applies lotion to men's heads, men depart to have heads shaved, return to shop and start shouting at girl, girl distressed, audience fall about with laughter).

Then, just as you're cheering our Victor on to "let 'em have it" in the name of human dignity, he lets fly with this: "Come to think of it, Jeremy's withered hand, Esther's deformed teeth, Noel's restricted height ... There's something almost Nietzschean about this desire of the malformed to subjugate the masses."

As punchlines go, that one should have gone straight in the bin.

Setting the agenda

Thanks to the Cabinet Office - home of the Citizens' Charter - for writing to *DN* asking what sort of subjects we'd be interested in receiving press releases on.

We happily trawled through the list ticking "Equal opportunities: women" and "Equal opportunities: ethnic minorities", etc. But try as we might, we couldn't find a section on equal opportunities for disabled people. Undeterred, we added it to the list in big red capital letters.

Rest assured: if they don't put you on the agenda, we will.

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Journey into the unknown



Australia and America. I was so excited - and more than a little scared. I am 23-years-old and have cerebral palsy. The furthest I had travelled was from London to Aberdeen.

My main concern was the flight. Heathrow Airport provided a buggy for me as the flight gate is quite a walk. Unfortunately, it arrived late and I boarded the plane with five minutes to spare.

The airport staff at each stop-off point met me with a wheelchair, whizzing me through customs and immigration. The staff were very friendly, and I felt quite important. It didn't feel as though I was being patronised - usually the main complaint of disabled travellers.

Up in the air, things didn't look as though they would go so smoothly. The American Airlines flight to Los Angeles was crowded and I felt nervous about eating and drinking (I cannot hold a cup so I carry a straw around). Fortunately, a

For her first trip abroad, Martine Arrowsmith opted to fly half way around the world. She came back with a lot more than souvenirs

for myself, I do need help with others, such as tying shoelaces. Sydney is also where I conquered my fear of eating in public. Above all, I realised that I have no reason to feel ashamed of myself - the more I accept myself, the more others will.

Some of the highlights of

no stairs or lifts, and only a gradual slope to each level.

Sydney's train stations were completely inaccessible to anyone in a wheelchair, with thousands of steps everywhere. The steps were quite a trial, especially when crowds were coming the other way.

There also seemed to be a

Universal Studios, home of *Jaws* and *Back to the Future*. We hired a wheelchair - the place is very large as well as being completely accessible.

The people in Los Angeles were the most open-minded towards disability. Their attitude was not to ignore it, but to embrace the uniqueness



Aaaaaaaaargh!: Jaws makes you jump at Universal Studios

1993 UNIVERSAL STUDIOS HOLLYWOOD

the trip were going to a rainforest wildlife reserve and up a river supposedly infested with crocodiles. I also visited some fantastic shopping centres, all of which were completely accessible to disabled people. Hurstville Shopping Centre was extremely impressive. It had

somewhat negative attitude towards disability. I look very young, so people tended to treat me like a child. The flight attendants on the way home constantly talked down to me, repeating what they were saying.

In Los Angeles, I stayed with a friend who took me to

of each individual. This was a refreshing change, leading me to think again about my own disability. I learnt to see myself as a special individual. Hopefully others will begin to do the same. Attitudes have changed because disabled Americans have worked hard to be accepted as individuals in their own right. LA was a very special place for me - three days was much too short.

I had travelled to Australia and America to claim my independence, but it wasn't what I had expected. I discovered that true independence is admitting that sometimes you do need help and that it is okay to accept it. It also means that you know

THE FUN STARTS HERE!

For disabled travellers (and armchair dreamers) everywhere, DN presents an eight-page holiday special:

- 15 Journey into the unknown: Australia and America
- 16-17 Jetting to Jamaica, visiting the Holy Land, win a sailing holiday
- 18 Greece for gods - and tourists
- 19 Holiday Care Awards, British breaks
- 20 Austria in a Jumbulance
- 21 How to get a holiday
- 22 Checkout packs it in

inside - however people treat you - that you have a place in this world and life is meant to be embraced.

Roll on the next journey into the unknown ...

FACTFILE

Martine travelled to Los Angeles and Sydney in September on a round-flight package deal from Airline Ticket Network. Prices vary according to when you travel. Martine paid £945. Tel: (0772) 727747. For a free travellers' guide to Australia, contact the Australian Tourist Commission, tel: 081-780 1424. For a free USA travel pack, send your name and address on a postcard to the United States Travel and Tourism Administration, PO Box 1EN, London W1A 1EN.



Martine in Sydney

young man near me guessed my embarrassment and offered to cut up my food. The Qantas flight to Sydney was much less crowded.

While staying with my grandmother, I learnt that although I can do most things



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If you're holidaying in Britain in 1994 you might like a copy of the National Trust's glossy full colour holiday cottage brochure. We have more than 200 holiday cottages in beautiful parts of England, Wales and Northern Ireland, and nine of these have been adapted for accompanied wheelchair users. Many more are recommended for people with some mobility; details of access are included in the description of each cottage.

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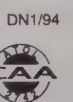
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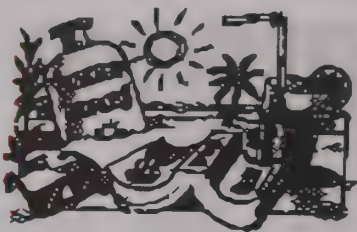
Access Travel (Lancs) Ltd. 16 Haweswater Ave, Astley, Lancs M29 7BL. Tel: 0942 891811



Fancy being a sea dog?



Many readers thrilled to Steve Walton's tale of sailing in a tall ship (DN, August 1993). Fancy doing the same? Janssen Pharmaceutical, makers of Stugeron, a motion sickness treatment, are sponsoring two berths on a fantastic voyage. One disabled person and a non-disabled companion will set sail from Hull on 29 September 1994 to a European port, returning to London on 5 October (usual cost would be £1,000). Application forms from Liz Griffith, Concept Public Relations, 4 Cupar Road, Battersea, London SW11 4JW. Closing date: 30 June 1994.



Tracey Proudlock reports

The word Xaymaca - "land of wood and water" - captures the spirit of what is now known as Jamaica. On discovering it in 1494, Columbus said it was the "fairest island that eyes have beheld ... the mountains touch the sky." The tourist industry has seized upon the wealth of natural beauty and it is now known as the "Honeymoon Capital of the World". It was certainly where we wanted to start our married life together.

Our quest for details of disability access proved long and hard. We started with the Jamaican Tourist Board who supplied a list of wheelchair accessible hotels around Montego bay. Being access veterans, we took the precaution of writing to our chosen hotel for more details.

Most of the high street travel agencies could not

Honeymoon in

guarantee us a ground floor room in that hotel. That was not the sort of thing we wanted to leave to chance. We eventually booked with TEB Travel, a small independent, which faxed our requirements to the hotel.

The charter flight from Manchester with Air 2000 took almost 12 hours. The service could best be described as "adequate". If you have a special diet, it is best to put it in writing a week before the journey. Our vegetarian meals failed to materialise.

As the plane descended over Montego Bay, our hearts leapt out of our mouths. Columbus was right. The breathtaking view of white, sandy beaches, coral reefs and the lush green background was to captivate us for the entire three-weeks.

Being vegetarians, food was more of a problem than we anticipated. Curried goat, jerk pork and chicken made up most menus. Fruit is plentiful though. A typical breakfast would include paw paw, water melon and pineapple, followed by banana pancakes with syrup. We often ate calaloo omelettes (spinach) and Jamaican rice (brown rice with kidney beans). Whatever you choose, nothing can beat eating by the ocean with the sound of Bob Marley in the background.

Most days were spent by the beach. The most famous in Montego Bay is Doctors' Cave Beach. In the past, doctors would send their patients to bathe in the ocean which was thought to have healing properties. Wheelchair access

is almost impossible, unless you are prepared to be carried down a flight of steps and hauled over the sand by willing lifeguards. The humiliation is well worth it - the waters are quite magical. For the first time in my life, I was able to swim in an ocean calm enough not to drown me and warm enough to soothe my aching bones. That will be a story for the grandchildren.

If history is your cup of tea, you will not be disappointed. Rose Hall and Greenwood House are two former plantation houses. The most notorious is Rose Hall, built by Englishman John Palmer. Its second mistress, Annie Palmer, came to be known as the White Witch following allegations of voodoo and murder. Access to both houses is very difficult, but the surrounding gardens and sea view are irresistible.

Our travels also took us up into the mountains to Lisa Salmon's bird feeding station. At her Rocklands home you can help feed cuckoos, saffron

FACTFILE

Tracey and Liam paid £1,200 per person, which included three weeks half board and air fare. Prices vary widely according to when you go - some deals can be as low as £500 per person. TEB Travel, 1 St Pancras Station Forecourt, Euston Road, London NW1 2QJ. Jamaican Tourist Board, tel: 071-224 0505.

The Holy Land: a place of true di

Lin Berwick reports

The Holy Land was meant to be the holiday of a lifetime. It certainly was, but not for the

reasons you might expect.

It is not the place for wheelchair users. The problems started at Gatwick Airport. Monarch Airlines had not been told that there was a

disabled person travelling with Fellowship Tours, or that I was also blind (my blindness affects their safety procedure).

Am I the only person with cerebral palsy who needs to sit with legs extended? First, I was forced into a seat with my feet pressed against the partitioning. My husband Ralph protested, saying I would be unable to sit like that for the four hours 40 minutes flight. We were only moved after threatening to leave the plane.

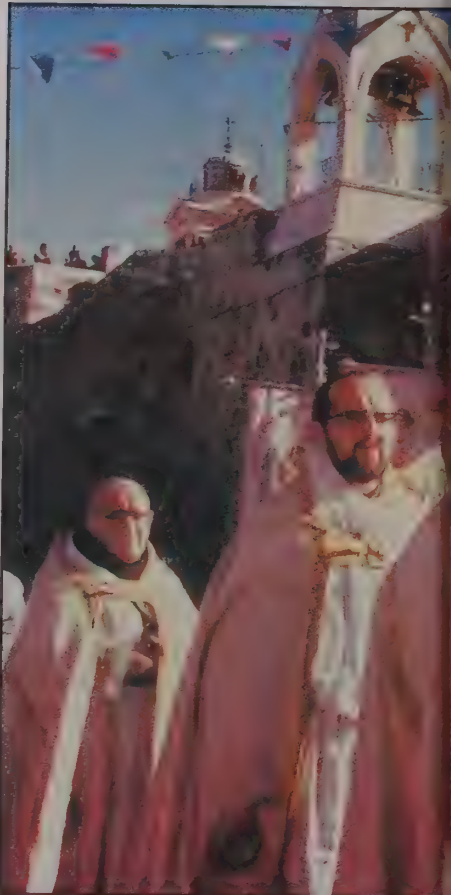
I recognise that there are problems allowing a disabled person to sit in the emergency exit, but airlines must try to resolve this seating problem. Perhaps first class or scheduled flights are the answer.

We arrived at Tiberius at 5.50am. My overriding memory is of the wonderful birdsong.

The Holy Land tour started at midday and was virtually non-stop from then on. At £576 per person, not including car hire, the holiday was amazing value for money. With hindsight, I would have rather paid more and had a better class of hotel. Ours were very poor, especially in Bethlehem. I was so terrified of coming down with a "gippy tummy" that I hardly ate for a week.

The Lake of Galilee is everything you would imagine - very blue and stunningly peaceful. After that we visited a kibbutz for a basic meal. I spent much of my time sitting

under a date tree, out of the blazing sun. Then it was on to Capernaum and some



"The Holy Land is a totally shatter

wonderful biblical sites.

The heat and the dehydration were major problems. After two days, I became extremely unwell, feeling hot yet cold, and very tense, as if everything was closing in on me. It turned out to be lack of water - even though I hadn't gone anywhere without the

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PLEASE TICK YOUR REQUIREMENTS:

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IVORY					IVORY				

LADIES TOPS	S	M	L	XL	LADIES PANTS	S	M	L	XL
NAVY					NAVY				
IVORY					IVORY				

SOCKS	S	M	L	GLOVE LINERS	S	M	L
NAVY				NAVY			
IVORY				IVORY			

MENS/WOMANS TOPS	MENS	LADIES
	(Chest size)	
Small	34-36in	8-10
Medium	38-40in	12-14
Large	42-44in	16-18
XL	46-48in	20-22

MENS/WOMANS PANTS	MENS	LADIES
	(Waist size)	
Small	30-32in	8-10
Medium	33-35in	12-14
Large	36-38in	16-18
XL	39-41in	20-22

SOCKS - Small (3-5) Medium (6-8) Large (9-11) - UK sizes
GLOVE LINERS - Small (6.5-7) Medium (7.5-8) Large (9-9.5)

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.....Gloves
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NEW START

Working for people
with disabilities

You can get
a free tape version
of New Start by
phoning free on
0800 100 123

DWA helps Alpna get to work



Alpna enjoys her work at the school and DWA helps her get there

A young woman who uses a wheelchair has found that DWA has made a big difference to her working life – she can afford to take a taxi to work.

Alpna Sudra has a form of muscular dystrophy that means she has to use a wheelchair and cannot straighten her fingers. She applied for many jobs without getting anywhere because the firms did not have wheelchair access, ('a very disheartening experience,' she remembers).

Eventually, the Disability Employment Adviser at Alpna's local Jobcentre suggested she apply for a job in the office of a school for children with learning disabilities.

'Then I realized I could apply for DWA and got a claim pack. The form looked off-putting at first, but when I read it I saw that only a small part of it applied to me, so it was quite easy.

'My claim was processed fast and I was entitled to just over £22 per week, which makes all the difference. I can now use this to help pay my taxi fares.'

Every day is a New Start....

with its opportunities and challenges – and especially for people with disabilities. One of the biggest challenges – and one of the biggest opportunities – is considering, 'Is there a job I could do that would make life more interesting and give me some extra cash?'

In the past there have been benefits for those who are out of work and benefits for those who can't work, but till now there has been no bridge for people who want to work and either can't take a full

time job or can't get a well paid job, because of their illness or disability. Disability Working Allowance has been designed to bridge this gap.

New Start tells you more about DWA and the possibilities of getting a job.

If your disability is such that work is out of the question, please do not be offended by the material in New Start. No one is suggesting that you 'should' work – only that if you can,

...you shouldn't be held back.

Up-front lump sum payment

Small amounts of Disability Working Allowance which have been paid weekly (£4 or less) can now be paid in six-monthly lump sums.

That means an up-front lump sum of up to £104.

The idea is to help people make the most of the benefit. If you get a small amount each week, it is easy for it to get swallowed up in everyday expenses. Getting it in one lump

means you can do something significant with it. Perhaps you could afford an expensive item that otherwise you wouldn't have been able to save for.

Particularly for people who have just started working, a lump sum in advance is going to be more helpful with expenses than a small weekly allowance.

taxi fare

'I started at the school in November 1990, working five hours a day,' explains Alpna. 'My wages after deductions are about £80 a week. I enjoyed the work very much but there was a problem – I had to take a taxi to get there, and sometimes to get home again too, when my father couldn't pick me up – and the taxi fare was £5 per trip. I could claim some of this back, under the Employment Service's 'Fares to Work' scheme, but it was eating into my earnings.

Find out more on these free numbers:

For an information pack: 0800 100 123

Hearing difficulties: 0800 243 355

Information on tape, in large print or braille: 0800 100 123

Tape for people with learning disabilities: 0800 444 277

Benefits Enquiry Line for people with disabilities: 0800 882 200

General Social Security advice lines in other languages:

Urdu: 0800 289 188

Chinese: 0800 252 451

Welsh: 0800 289 011

Punjabi: 0800 521 360



Inside: **HOW TO GET A JOB** ►

Practical tips on applying for jobs



- If you've seen a job advert read it carefully and if there are any problems, clarify them with the company. For instance, if it says 'Must be able to drive,' does it really mean that, or does it mean 'Must be able to travel'?

- Is the method of applying flexible? That is, do you have to write or fill in a form, or could you send in a pre-prepared CV, or a tape?

- When you phone, you don't have to say who you are, or anything about yourself. You can say you are phoning on behalf of a friend who is interested in the job.

- Is the employer able to provide support at an interview: for instance, is the building accessible; if you are deaf, is there a loop system, or could an interpreter be provided?

- Ask for two or three application forms to be sent to you. Then if you make a mistake it doesn't matter.

- If there's a job you want and the employer can meet any special needs you have, get yourself through the door by making sure your application is as well presented as possible.

- If you get an interview, ask your family and friends to help you practise. Say 'What sort of questions might I get asked if I want to be a trainee stock controller (or whatever)?' The more interviews you have (even only 'pretend' ones) the better for your confidence.

- Think positive. If you haven't worked for a long time it's going to be a bit daunting but remember, you've nothing to lose by asking. You can ask lots of questions without actually applying or even giving your name.

Did You Know?

- The amount of DWA you can get depends on the size of your family and how much money you and your partner, if you have one, have coming in each week.

- Single people can get up to £43.95 per week DWA. Couples or lone parents can get up to £60.95. Added to this are amounts for children, ranging from £10.75 to £31.00 per child, depending on age.

- DWA is for people who have an illness or disability that puts them at a disadvantage in getting a job. This could be mental or physical – such as confusion, anxiety, phobias, depression; exhaustion, pain; problems with seeing, hearing, communicating, using your hands or getting around.

- Your claim will be dealt with fast – normally within two weeks.

Where to look for work

Adverts

- Look through the job adverts in the local and national newspapers.

Job Centre

- Ask the Disability Employment Adviser at your local Jobcentre about work possibilities in your area.

Friends

- Speak to your friends and acquaintances and ask if they know of any job vacancies.

Employers

- Phone local employers and ask if they have any vacancies. Ask to speak to the Personnel Officer.

Jobclubs

- Investigate your local Jobclub, which will help you prepare a CV and will role-play interviews to show you how to present yourself well. See the

leaflet 'Jobclub and people with disabilities' at your Jobcentre. Jobclubs will give you lots of advice. Stamps, stationery, directories, telephones and photocopyers are all free.

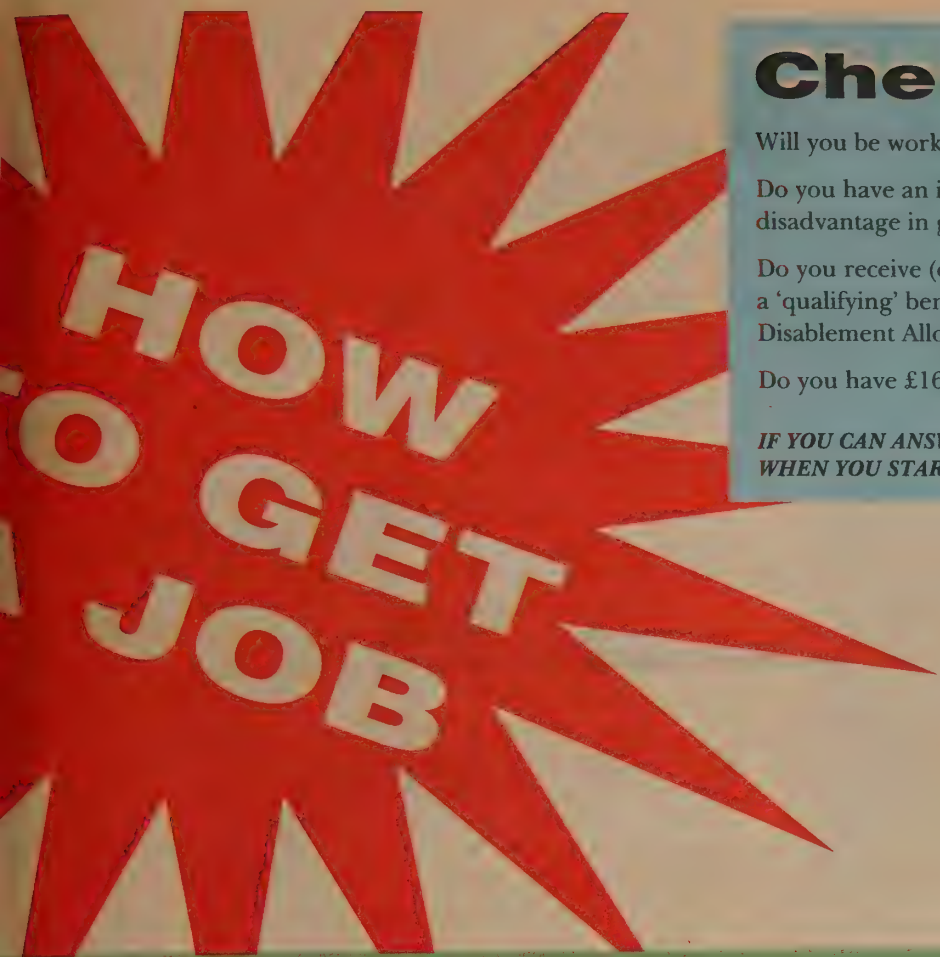
Amanda Coplans, disabled photographer, who is currently trying to set up her own business.

photo taken by a member of Hammersmith & Fulham Action for Disability 1st Chance Project's photography class for people with learning disabilities

Library

- Ask the librarian in your local library for books on job-hunting and interview techniques.





Look for this symbol

Look for the 'two ticks' symbol on job vacancy advertisements, which means the employer is committed to equal opportunities for disabled people. (Of course, the absence of the logo doesn't mean the employer is not committed...) You can ask your DEA at the Jobcentre for more information about this symbol and local employers who use it.



Make it work

There's plenty of competition for vacancies nowadays – but don't be discouraged. It's important to keep on trying. Think about what you *can* do rather than what you can't, and make the most of your abilities on job application forms and at interviews.

Approaching employers

When you start contacting employers you could approach them in one of two ways:

- applying for advertised jobs: often by filling in an application form. This may be the first contact an employer has with you, so it's important to make a

good impression. A neat, well thought out and well presented application form is your first step to gaining an interview...

- applying 'on spec': often vacancies aren't advertised, so it's worth contacting employers direct. It also means that they may keep you in mind for when a suitable vacancy *does* come up. You can write, phone or call at the personnel office...

If you have prepared a good CV (curriculum vitae – a page or two describing your abilities and experience) send it in when you write or fill in an application form. If you haven't made a CV yet, talk to your

Client Adviser or Disability Employment Adviser – they may be able to get you some help from the Jobclub or another jobs specialist.

This is an extract from the Employment Service Disability Service publication 'Make it Work – Employment Advice for People with Disabilities', available from Jobcentres. The leaflet also gives:

- advice on looking for a job; help available through Employment Service schemes (including help for self-employed people)
- advice on training and further education
- and a useful address file.

Checklist

- | | Yes | No |
|--|--------------------------|-------------------------------------|
| Will you be working 16 hours a week or more on average? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have an illness or disability that puts you at a disadvantage in getting a job? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Do you receive (or have you recently received) a 'qualifying' benefit, like Invalidity Benefit, Severe Disablement Allowance or Disability Living Allowance? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have £16,000 or less in savings? | <input type="checkbox"/> | <input type="checkbox"/> |

IF YOU CAN ANSWER YES TO ALL THESE QUESTIONS YOU MAY BE ABLE TO GET DWA WHEN YOU START WORK.

Did You Know?

● Disability Working Allowance aims:

- to encourage disabled people to work (only if they wish to) if they can find the right employment
- to top up your earnings if you are already working.

● DWA can be paid into your bank account or you can collect it from your post office.

● If your attempt to work fails for any reason, you haven't 'burned your bridges' by claiming DWA. There is a two year 'linking rule', which means in a nutshell that you can usually go back to the old benefit you were on, without having to re-qualify.

● DWA can also be paid to some disabled people who are self-employed.

● You could get DWA even if you are:

- a single person with nearly £100 a week coming in, or
- a couple with no children with £150 a week coming in, or
- a lone parent or couple with two children aged 6 and 12 with nearly £190 a week coming in.

● You can get further advice on whether DWA is right for you from:

- Your local Social Security Office
- Your local Jobcentre
- Citizens Advice Bureaux
- Advisers in the voluntary support group connected with your disability.

Who is the Disability Employment Adviser?

The Disability Employment Adviser is part of your local Placing, Assessment and Counselling Team (PACT), which is usually based in the local Jobcentre.

He or she will help you with information and advice on various aspects of looking for work, including practical help.

You can find out more by asking at your local Jobcentre or Unemployment Benefit Office.

Was this your own copy of NEW START? If it wasn't and you'd like to receive future editions, please complete this form, put it in an envelope and send it to the following FREEPOST address – no stamp needed:

To: Disability Working Allowance, FREEPOST (BS4 335), Bristol BS1 3YX

Please tick one of the following boxes:

If this copy was not addressed to you personally and you would like to receive future issues, please tick here ☐

If you do NOT wish to receive further issues please tick here ☐

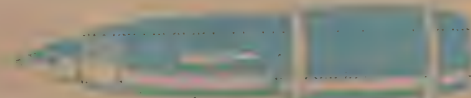
Name

Address

Signature

Postcode

Date



Your new start...

It's a big step, finding a job when you have a disability, whether you have worked before or not. The thought of changing your lifestyle can seem very unsettling. If you want to give it a try, there's a lot to consider. Take it at your own pace and don't get discouraged. Often, the biggest challenge is *believing it's possible...*



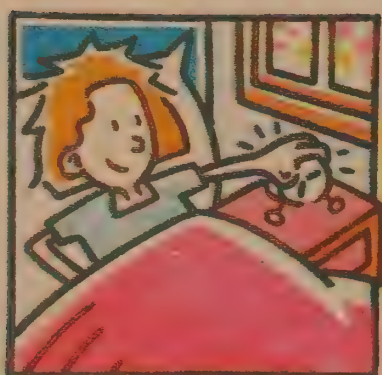
I'd like to start work – but what about losing my benefit?



I've seen a job I'd really like...perhaps I'll be able to get DWA to top up my earnings!



I'll find out more by calling the Benefit Enquiry Line on 0800 88 22 00.



The great day dawns...



I've got the job!



Looks like I'm going to be better off working and getting DWA!



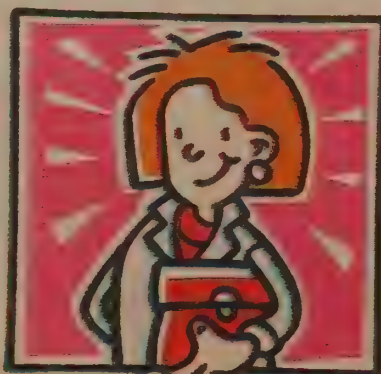
A new start in a new job.



Now I can claim DWA.



Life's much more interesting now!



Well, there were times it seemed daunting – but it was worth it!

Paradise

numming birds. Rocklands is
lays a week. Plan to get there at
, between 3pm-5pm.
g on every tourist's agenda is
River Falls near Ocho Rios.
of people a year flock here to
e natural waterfall and glimpse



Liam White River rafting
finest. Unfortunately, Mother
n failed to accommodate
ess in her plans. I had to watch
elines as streams of people
way up.
naica has worked hard to secure
as the number one Caribbean
facilities for disabled travellers

are rather basic. We failed to
come across a single wheelchair
accessible toilet on our travels
(unless you count the one at
the Holiday Inn). Millions of
pounds are being spent on the
island by tourists, so you can't
help feeling a little resentful.

But then again, why should
they provide facilities for
visitors when disabled
Jamaicans are often forced out
onto the streets to beg for
food? An honest account of
Jamaica must include a
mention of the rising levels of
poverty, particularly amongst
its disabled population. It is
not uncommon to see people
begging and there are scores of
street traders selling fruit,
jewellery and straw goods.

There are areas which are
not safe at night for tourists,
such as downtown Montego
Bay and parts of Kingston. As
a wheelchair user, I felt more
intimidated than my partner.

Our Jamaican experience is
something we will cherish and
hold dear through all our cold
winter nights in England. Yes,
it was a honeymoon and



Montego Bay: the memories will get you through a British winter

therefore special in its own
way. But the joy of being free
from office clock-watching,
dirty traffic and miserable
rainy weather was a liberation.

Unlike other holidays you
might have had, Jamaica will
demand that you keep to no
schedule. To help you in this

arduous task, just follow the
Liam and Tracy Jamaican
Survival Guide:

1. Throw away your watch
2. Don't ever try to hurry -
it's too hot
3. Don't worry (it means
nothing to your average
Jamaican)

4. Don't carry too much
money. Most street traders
have diplomas in how to make
you buy things you will never
need
5. Always carry lashings of sun
cream and wear a hat
6. Above all, just relax and let
Jamaica happen!

Discovery

ttle. Goodness knows how
with catheters.
places have hardly heard of



perience"

disabled people. In over 500
only found two: one extremely
ther very good. Praise God for
e pads.
t get in the tour coach so we
One of Ralph's strongest
will be the back view of that
ing with the traffic in New
vas no mean feat.
les from Fellowship Tours were
l, but they had obviously not

FACTFILE
*Lin paid £576 for her 8
day holiday with
Fellowship Tours, tel:
(0460) 20540. Access to
Israel, £3.55 from
RADAR, tel: 071-637 5400.*

read *Access to Israel* by the
Royal Association for
Disability and Rehabilitation
(RADAR). When we did a
tour of Old Jerusalem, we
must have climbed over 100
stairs. This was a back-
breaking experience, both for
me and for those who were
lifting my chair. After
completing seven stations of
the Cross at the Via de la
Rosa, I had to give in. That
was my personal Calvary. We
told the guides that there was
another way in, but they
disagreed.

Reading the RADAR book
back in our hotel, we
discovered that we could have
completed the distance in
around 12 stairs.

The Church of the Nativity
in Bethlehem is beautiful,
except for the spot which
marks the manger. With its
copious gold and silver
decoration, the manger is a far
cry from the picture you
might have in your mind of a
simple stable with a stall. It
seemed completely wrong.

One precious moment was
when Ralph and I returned to
the church on our own and lit
a candle for those we loved.
We just stood there in prayer,
giving each other a hug,
delighting in the fact that we
had triumphed over some of
the difficult terrain.

If you are going to the Holy

Land in search of an entirely
spiritual experience, think
again. Historically, the place is
wonderful, but if you don't
like heat and ruins, don't go.

Despite the difficulties, there
were certain things that I will
remember for the rest of my
life: experiencing the distances
that Christ would have walked

from Galilee to Jerusalem, or
saying a prayer on the
Emmaus Road, remembering
with the 80 others in our party
the joy of the two disciples as
they recognised the Risen
Lord. It was also wonderful to
touch the Wailing Wall, feeling
all the prayers that people
have written, set in the holes

between the bricks. Then there
was the Passover meal in
Jerusalem. Finally, on the
penultimate day, we took Holy
Communion at the Lord's
Tomb.

The Holy Land is a totally
shattering experience - but one
I would not have missed for
the world.

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Greece for Gods - and tourists

Mary Gwinnell reports

During a bleak British April, we suddenly felt in urgent need of some sunshine. We didn't have a lot of cash, so we opted for a late availability holiday on Zante (also known as Zakynthos), one of the Ionian islands, lying to the west of mainland Greece.

At £149 each for a week, the holiday was cheap. The drawback? We wouldn't find out which resort we were staying at until we arrived. This worked out well for us, but isn't worth the gamble for anyone with particular needs. I have arthritis and use a wheelchair more and more, but I can manage short distances on foot.

After a four hour flight from East Midlands airport, my partner, sister and I arrived at Zakynthos. The airport was dark, cramped and chaotic. From the look on her face the tour rep clearly hadn't been notified about my wheelchair. Fortunately, I was able to walk on to the coach.

Our first glimpse of the island came as dawn was breaking. The road was lined with olive and citrus trees, the oranges and lemons just

discernible in the half light. Further off we could see the outline of a mountain ridge.

We were lucky to be allocated apartments near Tsilivi in a picturesque orchard of olive, orange and lemon trees. There were two steep steps up to the rooms, but once inside there was plenty of space and level access to the balcony. The lighting was poor, which could be difficult for visually impaired people.

Tsilivi is a fairly unspoilt resort, although the whole

vegetarian food in the smaller tavernas. We ate at outdoor cafés where you could enjoy the sun, the birds and the views without having to squeeze the wheelchair into a microscopic space.

Zakynthos, the main town on the island, is a busy little place. It's well worth a stroll around, although the streets continually change level. It boasts the only public toilet on the island, but even that isn't wheelchair accessible.

Zante is only the size of the

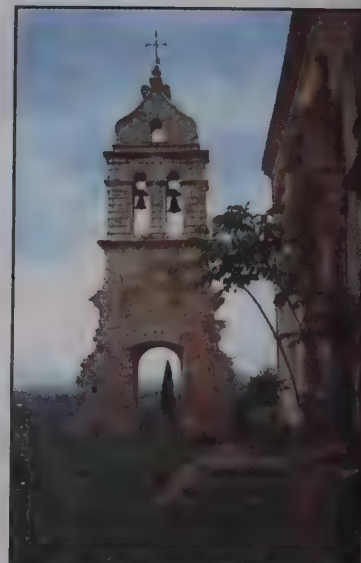
Companies like Avis and Hertz operate there, so if you need something like a hand control car it may be possible to organise this when you book.

On the road, we caught sight of golden orioles and other birds, watched an old man riding along, sitting sideways on his donkey, and stopped to let a herd of goats cross, tinny bells tinkling away into the undergrowth. We visited the monastery at Anafonitria in the north of the island, and risked life and limb to view the famous Smugglers Wreck, washed up on the sands of an unbelievably blue bay. This involved negotiating horrendously rough cliff-edge tracks and is not for the faint-



hearted or those afraid of heights (I fall into both categories).

One problem with taking an early holiday is that the tour reps may not be familiar with the area. Our reps, who had arrived the week before us, were clueless. They didn't have any access details on the



Bell tower on the island

excursions they were trying to sell. It was just as well that we preferred to do our own thing.

Going early does have its bonuses, though - it's cheap, the locals have yet to get sick of tourists and it's cooler. We only spent one day on the beach. We imagined it would be roasting all the time, but it was actually very mixed.

We had a wonderful time on Zante, but it would be a difficult place for anyone with very limited mobility or sight. As the guide book says, "special provisions are non-existent". If your travel agent is unable to give detailed information, contact the National Tourist Organisation of Greece. The more queries they get, the more they will be encouraged to press for better facilities!



Mike and Mary amidst the aroma of oranges

island is rapidly heading for over-development. It is flat and easy to get around, and we found a good variety of

Isle of Wight, but it has a fabulous variety of countryside, including sandy beaches, flower-filled meadows, groves of gnarled olive trees and arid mountains. To get beyond the tourist-packed resorts you must take a boat trip or hire a car. We had a four-wheel drive for a few days, which worked out at about £12 each a day.

WINGED FELLOWSHIP

RESPIRE CARE AND HOLIDAYS FOR DISABLED PEOPLE

Provides holidays and respite care for severely physically disabled people at five UK centres. Touring and overseas trips also arranged. Full care and entertainment provided. (Volunteers also welcome).

Centres at: Southport, Nottingham, Chigwell, Redhill, Southampton.

Prices for 1994 from £180. Details from Angel House, 20-32 Pentonville Road, London N1 9XD.

Tel: 071 833 2594.

Registered charity no. 295072

ASSISTANCE TRAVEL SERVICE LTD

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Our holidays are tailor made to each and every need

STOP PRESS. SPECIAL TRAVEL NEWS Assistance Travel Service Ltd in association with the North Cyprus Tourist Board are pleased to offer a full range of Holidays to North Cyprus. All holidays are suitable for the less able and include: • Self-catering apartments and villas • Hotels • Flights from most U.K. airports • Car hire • Special service with adapted transport • Full packages • Nursing staff can be arranged at hotels • Escort service if required.

Assistance Travel Service are the only Tour Company working with the North Cyprus Tourist Board to promote and open up this lovely country to all disabilities. Group holidays arranged.

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EUROPE A wide range of European adapted hotels unique to A.T.S. Travel Ltd. • Malaga, Spain • Israel Health & Therapeutic Holidays • Tenerife • Portugal • Malta • Italy • Cyprus • Russia • Germany • Adapted Cruises on The Nile, Egypt • Gran Canaria • Turkey • Rhodes • Ireland • Euro Disney holidays by air or **CLOSER TO HOME** • Blackpool • Star-studded weekends at Folkestone • 24 hour care centres • Clacton-on-Sea • Torquay • Boating holidays on the Thames • Plus much, much more.

Call us and let us take all the worry out of arranging your trouble free travel, holiday and accommodation.

CALL US NOW FOR A FREE BROCHURE AND DETAILS ON
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"Hacienda-el-Miguel" the Costa Blanca. Disabled Friendly Holiday Apartment for up to 6. 93 prices for 94. Ring or write soon to avoid disappointment. Mick Benford, Holiben, 6 Chaston Place, Kettering, Northants NN16 9TF. Tel: (0536) 523591.

PENROSE BURDEN NORTH CORNWALL

"1992 Holiday Care Award Winners" Holiday Cottages designed for wheelchair users and their families. Rural setting with superb views. Dogs welcome. Wood burning stoves and daily meal service. Please ring or write for colour brochure. R&N Hall, Penrose Burden, St Breward, Bodmin, Cornwall PL30 4LZ. Telephone Bodmin (0208) 850277 or 850617.

The Lyneal Trust (Reg. Charity)

provides canal and canalside holidays on two specially built canal boats with hydraulic lift and steering. Facilities also include canalside accommodation for up to sixteen people. Weekly cost £425-£925. Day trips on canal also available.

Telephone: 0588 638234.

HOLIDAYS IN NORTH YORKSHIRE

Two self-catering caravans, fully adapted for disabled people in the Bridlington area. Two holiday guest rooms at Harrogate - double ensuite and single, fully adapted for disabled people, available for holiday/respite care at St. George's House - a residential/nursing home run by the Yorkshire Association for the Disabled. For further details apply St. George's House, 7-9 Harlow Oval, Harrogate. Tel: 0423 504360.

YORKSHIRE DALES

Self-catering cottage adapted for wheelchair visitors. Newly converted barn on high moorland, between Pateley Bridge and Grassington. Beautiful views. Sleeps up to 5. Comfortable, well-equipped. Children, dogs welcome. Phone: (0423) 711747.

BRYN MEIRION GUEST HOUSE, Amhych Road, Benllech, Anglesey, Gwynedd, LL74 8SR. Tel: 0248 853118

Family run guest house, situated on a superb coastal site with panoramic views. Has been adapted along with the landscaped gardens to cater for wheelchair user. TV lounge, dining room and ensuite bedrooms on the ground floor. Two new additional specialised units with electric beds and hoists. Special diets catered for. Various aids available on request. Open all year. Ample car parking.

There is always a warm welcome at Bryn Meirion Winner of Wales Tourist Board Best Small Tourism Business Award 1992 and the 1992 Holiday Care Service Award.

Courtyard Cottages

Brampton Cumbria

This is no ordinary Bed & Breakfast. You will not be staying in someone else's home but in a Courtyard

Cottage which provides you, our discerning guest, with independence & privacy as well as the opportunity of parking your car right outside your room.

Inside you will find luxury furnishings and a private en-suite shower & bathroom designed with the disabled and elderly in mind.

For brochure and details:

Janet & Andrew Mumpstead
Warren Bank Station Road, Brampton, Cumbria
Telephone 08077 2121

"SOUTHDOWN" A HOLIDAY HOME FOR THE DISABLED

Twenty years' experience of providing high quality care, good food and an awareness of the holiday needs of our less mobile guests and their carers.

RING OR WRITE FOR OUR BROCHURE

1 St Marys Road
Frinton-on-Sea, Essex
CO13 9AE
Tel. (0255) 672790



(Administered by Southend Holiday Home for the Disabled Trust - A Registered Charity)

Best of British

If you are planning to stay put in Britain for 1994 and haven't decided what to do, the latest winners of the Holiday Care Awards may give you some inspiration.

The Holiday Care Service believes its awards prove that excellent facilities for disabled people are possible across the board, and that the tourist industry is at last waking up to a lucrative market.

Best accommodation

The Copthorne Tara in Kensington, London, won first prize for accommodation with 10 beds or more, while the Old Mill Farmhouse at Crowsynedd, Gwynedd, Wales came top for accommodation under 20 beds.

Self-catering

Here the winner was Gaer Cottages, Cribyn near Lampeter, Dyfed, which has "a stunning brochure" showing the cottages, all with special facilities, and an indoor pool with hydraulic hoist.

It was hotly pursued by Lochletter Lodges, Lochletter

Farm, Drumnadrochit in Inverness, and Melbury Cottage, Hartgrove Farm, Shaftesbury, Dorset.

Best attractions

Fully accessible Thorpe Park in Chertsey, Surrey was the winner, with Chester Zoo and Quarry Bank Mill at Styal in Cheshire runners-up.



Family fun on the Flying Fish at Thorpe Park, one of the Holiday Care Award winners



All pine and comfort: New lodges geared to wheelchair users now supplement accessible caravans at Searles Holiday Centre on the West Norfolk coast. Tel: (0485) 534211 for a brochure.

Other winners

The best national/international group was the Copthorne Hotel Group "who take bold leaps and always listen and consult". Thomson Tour Operations were runners-up.

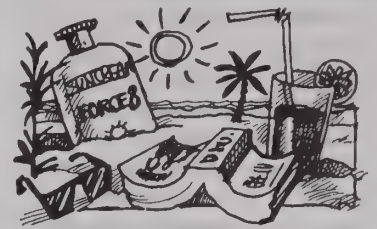
Best Caravan Park went to Cherry Tree Holiday Park at Burgh Castle, Great Yarmouth, and best travel agent was Grant Travel of Stroud, Gloucestershire.

Most helpful member of staff was Andy Brazenell, coach driver at Hookways Holidays with Care, Trowbridge, Wilts.

For a complete list with addresses and phone numbers, contact Holiday Care Service, address and phone number on page 21.

Pats on the back

Anne Garton of Lutterworth recommends two "exceptional" holidays: four wheelchair-accessible cottages in the grounds of



Monk Soham Hall, Woodbridge, Suffolk, tel: (0728) 685358, and an accessible bungalow in West Highland scenery with "very reasonable" full board, run by Ellen Carruthers (a wheelchair user) and husband Bill. Tel: (059981) 292.

Picturehouse COTTAGES
in rural GLOUCESTERSHIRE.
One for accompanied disabled visitors.
Self-Catering - Provisions by request
1.5 miles off Junction 13 M5.
Brochure & Booking form
Tel: (0452) 740204
Write: Teesdale,
Whitminster GL2 7PN



The Pines Trust (reg. Charity)
provides self catering holidays in a specially adapted house in Bishop's Castle, South Shropshire. The accommodation is suitable for families and groups of up to 24 people. The nightly charges are £6.50 per person. Camping and caravan-parking also available. For further information Telephone 0588 638234.

WHEELCHAIR ACCESSIBLE
HOLIDAY COTTAGE IN RURAL FRANCE
Charming cottage in Dordogne region available for rent. Reasonable rates. If you are looking for peace and quiet, warm weather, good food and wine, this is the place for you.
For more information ring 081-459 1324 evenings.

Llandello, West Wales. 3 comfortable well equipped cottages specially for disabled people and their families. Overlooked by 12th century castle and over-run by deer. Each cottage sleeps 4. Central heating, CTV, laundry, fitness room. Large orchard and a very warm welcome. Open all year, short breaks available. Tel: Catherine McLoughlin (0558) 823059 for brochure.

Norfolk/Suffolk
18th century barn, sympathetically converted into 3 cottages, each sleeping 6. Careful consideration given to facilities for disabled people. Graded by Holiday Care Service as Cat. 1. Use of indoor heated swimming pool.
For brochure tel: (0508) 528786.

St. Leonards, Sussex. 7 berth caravan adapted for disabled people on Haven Site. For colour brochure. Tel: Shepway MS (0303) 242009.

COSY CHARACTER COTTAGES
Three individual stone barn conversions in lovely North Devon countryside. ETB. Highly Commended, 4 keys, Accessible Category 3
Secluded but with good approach roads. Phone for details (0884) 860134

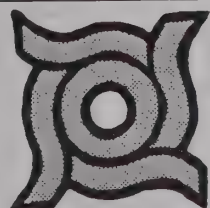
BRYN GLAS HOTEL
TREFNANT, CLWYD LL16 5UD
Tel: 0745 730868
Family run Country Hotel, Totally Accessible, all on ground level. Well situated for local attractions in the beautiful vale of Clwyd.
* NOV - MAR MINI BREAKS *
* ONE NIGHT FREE FOR EVERY TWO PAID FOR *
All Rms are Wheelchair Friendly

Beautiful Welsh stone cottages nestled in a quiet valley on the River Granell. Close to mountains, hills and Cardigan Bay. Fully equipped for the disabled visitor. To sleep 5 persons. Bed linen and towels supplied.
For colour brochure phone Richard and Linda Burgess on (0570) 470275.
* INDOOR HEATED SWIMMING POOL AND GAMES ROOM NOW OPEN *
Weekend/midweek breaks now available.

ORLANDO, FLORIDA. HOLIDAY OF A LIFETIME! FOR DISABLED TRAVELLERS.
Fully accessible spacious luxury adapted bungalow. Free golf/tennis/swimming club. 3 double bedrooms, 2 bathrooms (one with Mangar Bath Lift). Cable tv. Telephone. 10 minutes Airport. 15 minutes Disney etc. DON'T MISS IT! Contact paraplegic owner, Sue Fisher, 061-792 3029, 5 Park Lane, Broughton Park, Salford M7 4HT. Book now to avoid disappointment.

GLEBE FARM HOLIDAYS
SELF CATERING COTTAGES FOR THE DISABLED
Glebe Farm, Charles Brayford Nr. Barnstaple, North Devon EX32 7PT
Telephone: 0598 710241
Open all year. Wheelchair accessible. Equipment available.
Please contact: Valerie Boddington

Strawberry Duck Holidays.
Self-catering, newly adapted cottage. Complete wheelchair access, sleeps 4. Beautiful views, base of Peak District. Every comfort assured. Open all year. Phone Babs and Reg Brown (0260) 223591.



BARRINGTON FARM

Holidays on the Norfolk coast where people with learning difficulties can join in our activities including: pottery, weaving, painting, drama, music & aerobics, just relax by the sea or fish on the Broads.

Full-board or Self Catering in carefully designed cottages
All under expert 24 hr supervision
For information and bookings contact:
The Manager, Barrington Farm, Walcott, Norfolk. NR12 0PF
Telephone: (0692) 650707.



Park House, situated in beautiful surroundings on the Sandringham Royal Estate, provides first class holiday accommodation throughout the year.

All degrees of physical disability are catered for and 24hour care is available at no additional cost. Relatives, carers and companions are also welcome.

We provide extensive leisure facilities and offer substantial price reductions for the winter months.

Write or phone for brochure and tariff to:
General Manager, Park House, Sandringham, King's Lynn, Norfolk PE35 6EH
Telephone: Dersingham (0485) 543000

The Country House Hotel
For People With Disabilities

Jolly along in a jumbulance

Tom Freeman
reports

I live in Guernsey, a place where many people come to spend their holidays. It is a lovely island, but when you are familiar with virtually every bay, headland and vista it is sometimes nice to swap landscapes. Add to this the fact that Mozart is my favourite composer, and you will understand why I leapt at the chance of visiting Austria.

The trip was run by the local branch of Across, a national charity which organises holidays and pilgrimages across Europe for disabled people. Across operates a fleet of jumbo-ambulances known as "jumbulances". The average cost for one disabled person is £680, but those who cannot contribute go free.

Our party of ten disabled people, a doctor, nurse and 12 volunteers, flew to Cherbourg to meet the jumbulance.

The size of a double-decker bus, the jumbulance is equipped with a loading hoist, stretcher beds and reclining seats, as well as a kitchen and toilet. There are large storage bays for luggage and wheelchairs and space for one of the two drivers - in our case, two good humoured West Midlands - to rest.

Once aboard, we began our 1,400 mile journey to

Payerbach, 50 miles south of Vienna. First came the towns and villages of Normandy, near to the sites of the D-Day landings, the magnificent cathedral at Caen evoking memories of near half a century ago.

Some time later we emerged from an underpass near the Bois de Boulogne to see Paris, the Seine and Eiffel Tower laid out in panoramic splendour.

On into the night past vineyards, maize and sunflowers to wake next morning and find them replaced by the regulated barley, rye and sugar beet strips of Germany. Finally, we reached Payerbach, a village surrounded by limestone hills filled with pines.



PATRICK BAGLEE

Next morning it was on to Vienna. Waltzing to Strauss (who else?) on the intercom, we later went to hear the Vienna Boys' Choir. In the afternoon, we were taken on a mystery tour through colourful meadows which brought us to the foot of the aptly named Schneeberg (Snow Mountain).

By this time, any air of reservation among our party



Have Jumbulance, will travel

had vanished and there was never a break in the outings, fun and activities.

One day brought a trip on Neusiedlersee, a lake which is part of the boundary between Austria and Hungary. The line between the old Communist East and the West was marked by a row of red and white poles set in the shallow water.

Perhaps the high spot of the week was the ascent by cable car of Rax Alp, a "small" summit higher which is actually higher than Ben Nevis. Once there, some of us simply sat and absorbed the view, while the keen amateur

photographers snapped the deep blue gentian which grows there in abundance.

Then there was a visit to the head of the valley, where we visited a forestry museum and were given a talk - in fluent English - by the head forester.

Schonbrunn Palace, summer residence of the legendary Hapsburg dynasty, fulfilled my anticipation. Although it now houses civil servants, the original state rooms are unaltered. Being a lover of things historical, it was fascinating to see where Napoleon sat and the rooms where the ill-fated Marie

Antoinette lived.

And there was, of course, a "knees up". This came courtesy of a pair of local musicians who entertained us with a repertoire ranging from oompah and *Lili Marlene* to yodelling and *Sarmia Cherie*, Guernsey's national anthem.

Now it's all over and I'm back home, one problem remains - how to thank all those people who gave me such a wonderful time.

FACTFILE
Prices vary. Contact the
Across Trust, tel: 081-783
1355.

WALSINGHAM HOUSE HOLIDAY CENTRE, HOVE, WEST SUSSEX

Spacious fully adapted holiday house for hire by self-catering groups of children and young people with physical or learning disabilities.

Caters for 8 people with disabilities plus carers. Lift, bathroom with hoist, large kitchen, lounge, dining area, garden. Five minutes walk from the sea shops, leisure centre. Easy access to Brighton and other places of interest.

Telephone
Shaftesbury South
Area Office for details
0705 230676



Shaftesbury
150 years of Christian care in action



SUNNY TENERIFE

Fully Accessible Mar y Sol
"Brilliant" says BBC TV
Holiday Apartments

Brochure: Lynne James Ltd, 23 Gleneagles Road, Great Sutton, South Wirral L66 4NF. (Tel: 051-339 5316)

'PRIMROSE HILL' - BLUE ANCHOR
Four Self-Catering Bungalows (Inspected by
Holiday Care Service - Category 1).
Splendid Views of Sea, Exmoor, Steam Railway.
TV, Video, Linen, Games Room - Equipment
Available.
Contact Lorraine and Martyn Babb, Primrose
Hill, Wood Lane, Blue Anchor, Near Minehead
TA24 6LA or phone Dunster (0643) 821 200.



BREAK

25 years of holiday
and respite care for
all with special
needs, children,
adults: individuals or
groups. Experienced
staff, full care, attractive programme.
For further details phone 0263 823170.
REGISTERED CHARITY NO. 286650.

SOUTH WEST WALES

Luxury caravans (one specially designed for
wheelchair users and their families).
On beautifully situated, friendly family run park.
250 yds from sandy beach. Heated pool.
Bar/restaurant. Games room. Sunrise Bay
Holiday Park, Llansteffan, Carmarthen, Dyfed,
SA33 5LP. Phone: 0267 83394.

NORTH DEVON, self-catering cottages
sleeping 4-6 (2 specially designed for
wheelchairs) fully equipped and heated -
linen provided. Peaceful country setting
for touring Exmoor, Dartmoor and Devon
Coast. Brochure from South Coombe
Farm, Witheridge, Tiverton, Devon EX16
8QL, tel: (0884) 860302.

PUERTO POLLENSA, MAJORCA

Self-catering apartments with the emphasis
on accessibility. Studio, 1 bedroom & 2
bedroom apartments all wheelchair
accessible. Flights, transfers & insurance
can all be arranged. For coloured brochure
contact: Freewheel Holidays, 21 Drumbræ
Park, Edinburgh EH12 8TF. Tel: 031 317
7209. Fax 031 339 6255.

Highland Holidays Red Cross House Inverness

We can offer adults with disabilities respite and holiday
breaks. Accommodation is single bedrooms equipped to
hotel standards. The house is purpose built and set with-
in its own gardens. Easy access, adapted equipment. 24
hour care, personal assistance, continence facilities, special
diets, small groups accommodated, carers welcome.
Respite is available all year round whilst the holiday
activities programme commences May 1st and ends 30th
September.
Inverness is served well by air, rail and road. Adjacent
parking and transport from local stations available.
For further details contact: The Secretary, Red Cross
House, Mackintosh Road, Inverness IV2 3TX
Telephone: 0463 234939 Fax 0463 712247.

FLORIDA GULF COAST - PORT RICHEY

Spacious three double bedroom, three
bathroom luxury villa on Florida's sun-
shine coast. Private pool with easy-to-
use hoist. Fully adapted for wheelchair.
Large living room, family room, kitchen,
TV, telephone, microwave etc. Sleeps
up to eight. Level access throughout
villa, and in barbeque/pool area.
Brochure from Kevin Murtagh,
Glencairn, Little Boudes Close,
Southborough, Kent TN4 0RS.
(0892) 528866.

HOLIDAYS FOR THE DISABLED

Yarmouth, Isle of Wight
23rd - 30th April 1994
Disabled holiday makers £205, Helpers
£80. Contact Christine Grover
40, Borough Road, Petersfield, Hants
GU32 3LD. tel: (0730) 266082.

North York Moors National Park

Moonpenny Cottage, Levensham, Nr Pickering
Self-catering Cottage - sleeps 4
Fully equipped to a very high standard and
designed specifically to accommodate the wheel-
chair user as well as the able bodied. Large
sitting/dining room with open fire, kitchen,
shower room, one double bedroom, one twin-
bedded room. South facing and overlooking
paddock, valley and hills beyond.
Full details/brochure from Frank and Maggie
Ashworth. Tel. (0751) 460311.

Spain - Fully adapted ground floor
holiday apartments in the Mojacar
area of south east Spain. 2 bed-
rooms, shared pool, close to beach
and town. Sunny, relaxing, pleasant
holiday area. Please write or phone:
RAYMAR, Unit 1, Fairview Estate,
Reading Road, Henley-on-Thames,
Oxon RG9 1HE, tel: 0491 578446.

Southside, Clapham Common,
London
SW4 9DE

Quality hotel accommodation
All rooms with en suite facil-
ities

One room specially designed
for disabled persons with interleading
accommodation

Wheelchair access from car park to
accommodation and all public areas

Toilet facilities for disabled persons

Reception desk manned 24 hours a day

Radio remote alarm system available

Ideal for persons either on business or pleasure
while in London

AA *** Les Routiers listed

Tel. 081 673 4578

Ashwellthorpe Hall Hotel

Near Wymondham,
Norfolk, NR16 1EX.

Tel: 050841 324
Fax: 050841 8409

An Elizabethan moated manor
house, this family hotel is ideal for
people with disabilities. Steeped in
history and set in 15 acres of
secluded, wooded grounds, the hotel
makes an excellent base for
exploring the beauties of the Norfolk
country-side. Weekend and midweek breaks are available plus speciality
weekends e.g. history, bridge, gourmet & fishing. Our superb English cooking
features fresh local produce, mostly from our own gardens. Full licence held.
Well behaved pets and children welcomed!



Ashwellthorpe Hall Association

(Limited Liability. Registered in Cardiff No. 2789798) Charitable Status applied for.



Sarah Rigby reports

Many disabled people are put off going on holiday by a real or feared lack of facilities, according to a new report (DN, December '93). Others simply don't have the money to make their holiday dreams come true.

But with careful planning and the right advice, even the most adventurous trips can be successful.

Here's a short cut-out-and-keep guide to organisations which offer free advice and practical help to disabled travellers.

• **The Royal Association for Disability and Rehabilitation (RADAR)** provides help and advice on all aspects of holiday travel. It publishes two RADAR guides - *Holidays and Travel Abroad*, £3.50, and *Holidays in the British Isles*, £5. Both available from RADAR, 25 Mortimer Street, London W1N 8AB, tel: 071-637 5400.

• **The Holiday Care Service** offers free advice and information to disabled and elderly people, lone parents and "people under severe financial pressure". It also publishes *A Guide to Financial Help Towards the Cost of a Holiday*, which

Holidays: how can I get one?

tells you how to obtain financial assistance. Free, from Holiday Care Service, 2 Old Bank Chambers, Station Road, Horley, Surrey RB6 9HW, tel: (0293) 774535.

• **Winged Fellowship** has five holiday centres in Britain and also organises holidays abroad. They have a full-time contracts adviser who is available to give free advice on funding. Contact Winged Fellowship, Angel House, 20-32 Pentonville Road, London N1 9XD, tel: 071-833 2594.

• **The Air Transport Users Committee (AUC)** "aims to take the mystery out of planning a journey and using an airline". Its guide, *Care in the Air*, covers everything from checking-in and seat allocation to toilet arrangements. Contact AUC, 5th Floor, Kingsway House, 103 Kingsway, London WC2B 6QX, tel: 071-242 3882.

• **Tripscope** is a free transport, information and advice service for disabled and elderly people. It is not a travel agent, but it can help with journey planning and transport information at home and abroad. Details from Tripscope, The Courtyard,

Evelyn Road, London W4 1JE, tel: 081-994 9294. (Minicom available.)

• **MENCAP Holiday Services** publish the *MENCAP Holiday Accommodation Guide*. It lists hotels, activity centres, self-

Lancashire OL16 1PZ, tel: (0706) 54111.

• **The Royal National Institute for the Blind (RNIB)** produces *Plane Easy*, a tape to take away the worries of air travel for partially sighted or blind people. Free



Taking the plunge: a Winged Fellowship guest takes his first swim for 20 years with the help of a volunteer at Skylarks, Nottingham.

catering and specialist accommodation, mainly in the UK, where people with a learning disability are welcome. £3.99 (inc p&p) from MENCAP Holiday Services, 119 Drake Street, Rochdale,

from RNIB, 224 Great Portland Street, London W1N 6AA, tel: 071-388 1266.

• **The National Trust Member's Handbook** outlines access to 230 Trust properties.

£3.95 from bookshops, or from the National Trust, 36 Queen Anne's Gate, London SW1H 9AS, tel: 071-222 9251.

• **Motorists** may find the **Automobile Association (AA)** worth contacting. They publish the *AA Guide for Disabled Travellers 1993/94* which lists accessible service areas with facilities. Free to both members and non-members of the AA. Tel: (0800) 262050.

• **The Spinal Injuries Association** organises caravan and boating holidays for wheelchair users. There is also a database of accessible holiday venues based on members' experiences. Tel: 081-444 2121.

• Useful books include *Nothing Ventured: Disabled People Travel the World*, edited by Alison Walsh, £7.99, from bookshops and Harrap Ltd, 19-23 Ludgate Hill, London EC4M 7PD, tel: 071-248 6444, and *The Access Holiday Guide*, by Ian McKnight, £3 from 7 Roundberry Drive, Salcombe, South Devon TQ8 9LY. Hot off the press is *Access in Paris*, a follow-up to the *London Access Guide*. The Paris guide details distances and travel arrangements for all sorts of sights and venues. £6.95 from Quiller Press Ltd, 46 Lillie Road, London SW6 1TN.



S-T-R-E-T-C-H

Short Term Respite Care Holiday in Devon & Cornwall - August 1994

Respite care/holidays for severely physically disabled young people aged approximately 11-19 years. We have excellent residential care facilities with experienced staff and can offer one to one care if necessary. We can also take youngsters on a day care only basis, ie. 9am to 7pm. We aim to be flexible giving parents/carers a break and giving the young people an enjoyable holiday. Funded in partnership with The Spastics Society and Social Services. Separate holiday cottages also available from £200. For more information phone Mrs Tomlinson 0803 863071 or Mrs Williamson 0822 852815. South Devon Cerebral Palsy Society.

HERNE BAY - KENT

Mobile Homes purpose built for people with disabilities in tranquil setting. Close to all facilities. Fully equipped, TV, Heating. Rates £95 to £145 per home per week. Brochure from Dept. B, Strode Park Foundation, Herne, Kent CT6 7NE. Tel (0227) 360280. Reg Charity 227794.

Dorset Coast s/c barn conversion on Purbeck Farm. Wheelchair access and facilities for disabled people. Nearby tea-rooms and craft centre (also wheelchair accessible). Tel: 0929 439210.

Scotland West Park Centre for group families B&B longer stays. Holiday Care Service Cat. 1 Rating. Dundee is the City of Discovery with plenty of accessible things to do in and around this beautiful area. Contact Eve Anderson Residences Office, University of Dundee DD1 4HN (0382) 344038.

CARCHAIR IN ACTION

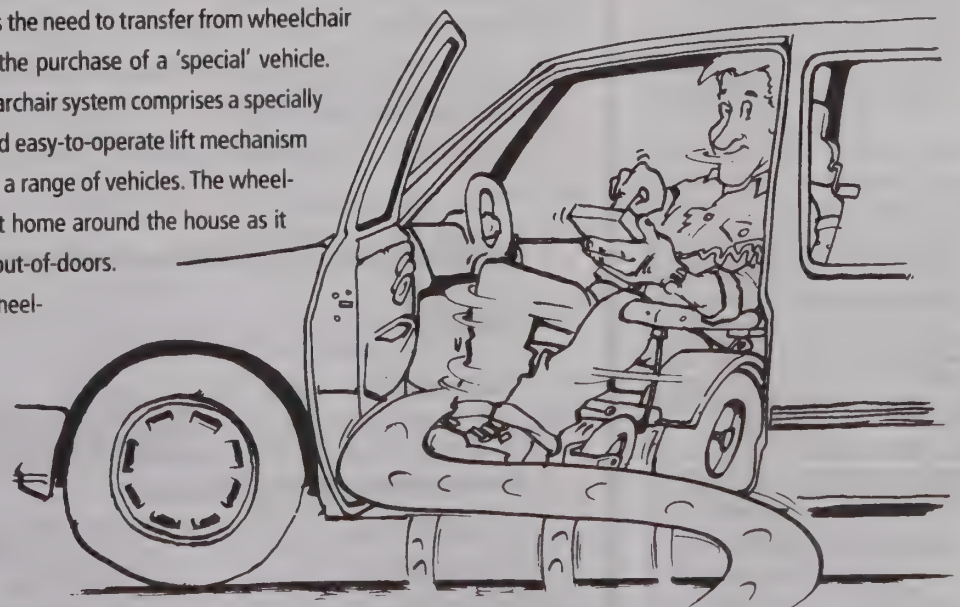
Constables understand the needs of the wheelchair user...which is not surprising when you consider our pedigree... with over twelve years' first-hand experience of the mobility market.

The Carchair is a wheelchair system which becomes the front passenger or driver's seat of a standard production motor car.

Naturally, this eliminates the need to transfer from wheelchair to car seat and avoids the purchase of a 'special' vehicle.

As a complete unit the Carchair system comprises a specially designed wheelchair and easy-to-operate lift mechanism which can be fitted into a range of vehicles. The wheelchair itself is as much at home around the house as it is in the family car or out-of-doors.

Quite simply, no other wheelchair is so adaptable.



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Ready, steady, go!

In Checkout this month, Nazli Hussain packs a case for the disabled traveller

Packing for holidays is usually left to the last minute, but planning ahead can make your getaway much smoother. Whether you're staying in the UK or going further afield, there are a quite a few things around designed to help disabled holidaymakers.

A little tartan number

First off, why not have a **Folding Suitcase** to keep your holiday clothes and accessories in? Chester-care has just the job. It's lightweight, tartan, and can be easily folded up and put away when you're not using it. £9.99 (plus £2 p&p).



Roll-up ramp: access wherever you go

If you're going to a warmer country, a **Personal Fan** will help to keep you cool. Battery-operated, this lightweight and portable fan can be easily carried in a handbag or pocket. £4.49 (plus 75p p&p).

Away from home, it's often easy to forget to take medicines at the right time. The **Medi-Dispenser for Pills** is labelled for each day, divided into four boxes and has a sliding lid. It's recommended for travel and the labels are good for visually impaired people. £9.89 (plus 75p p&p). Chester-care, tel: (0623) 757955.

Easy access anywhere

A **Roll-up Ramp** (*below*) will help wheelchair users gain easy access on holiday. Manufactured by disabled people in the USA, this portable ramp from Sunrise Medical folds down to less

than 9 inches in diameter. And it can be assembled in less than a minute. £179.99. Tel: (0384) 480480.

Keep Able has a lot of items useful to disabled travellers. People who need help with walking but still want to get out and about could try a **Stroller Indoor/Outdoor Walker** (*right*). The big-wheeled stroller can be used when out sightseeing, travelling around, and indoors too. It also folds flat to go into a car boot. £175.

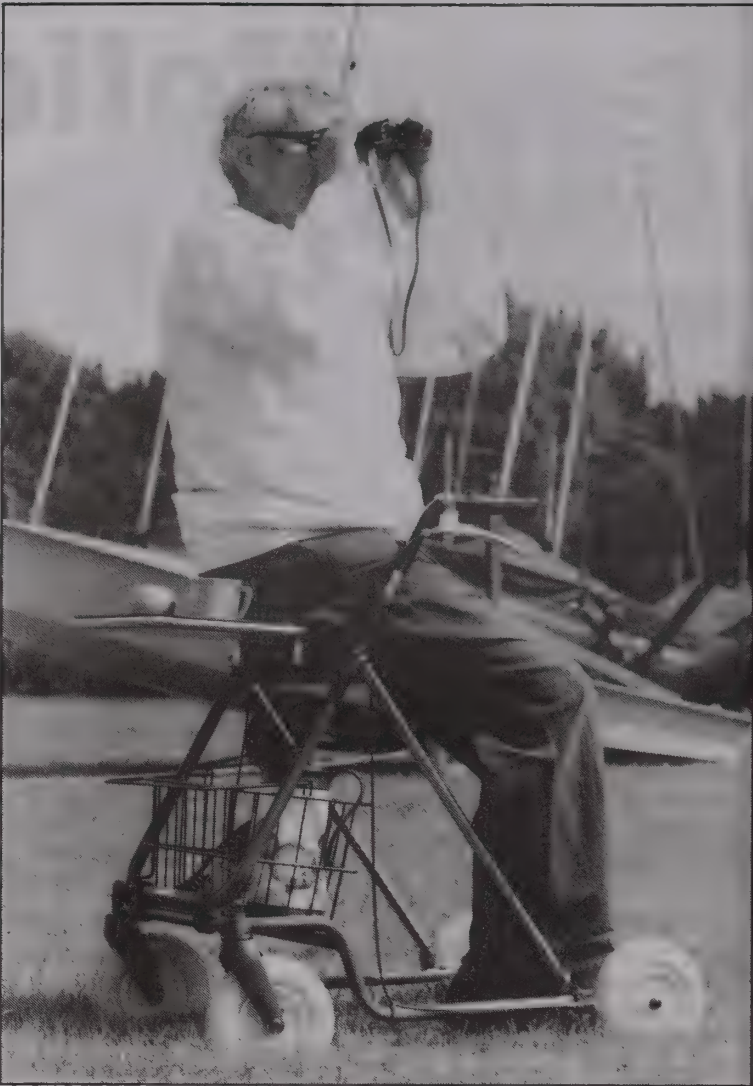
The **Newton Lightweight Wheelchair** might be a good investment if you do a lot of travelling. It's easy to move in and out of a car, and the footrests, armrests and wheels are all removable. The chair has a simple folding mechanism, and reduces to 20lbs or less. £429.

After a hard day's fun on the beach, a refreshing shower will be just what you need. Help is at hand with a **Folding Shower Chair**. It's a big comfortable chair with a back and arms that sits in the shower of your hotel or holiday home. Folding is easy and can be done one-handed. It's said to be easier than a deck chair! £149.75.

Something different

Holidaymakers in this country should be prepared for something different - wind and rain.

A **Comfy Wheelchair Cover** will keep you warm as toast whatever the weather. Made from waterproof nylon,



The Stroller Indoor/Outdoor Walker from Keep Able

the cover is lined with man-made fur. It fits neatly around you and your wheelchair, keeping you dry from the waist down. £40.90.

There is a Keep Able store at 2 Capital Interchange Way, near Kew Bridge, Brentford, Middlesex, tel: (081) 742 2181, and at Sterling Park, Pedmore Road, Brierley Hill, West Midlands, tel: (0384) 484544.

It is possible to hire equipment such as wheelchairs, zimmer frames, commodes and

scooters when you are on holiday. Further details are included in a factsheet from The Holiday Care Service, the charity which provides a free holiday information service for people with special needs. Tel: (0293) 774535.

And finally

Finally, it's a good idea to make a checklist in advance of all the things you need to take on your hols. And of course, don't forget your toothbrush!

Corwen, North Wales
A farmhouse guesthouse with lovely views has a recently converted ground floor twin-bedded room with adjacent parking, TV and room service if required. Tourist Board Cat. 1 accessibility. Super food and friendly hospitality. Licensed. Further details: 049 084 418.

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NORTH WALES: Luxury fully accessible two bedroom bungalow, two bathrooms, sleeps four/five, Mold, Clwyd. £220 weekly. Mrs Dowling, 23 Gleneagles Road, Great Sutton, South Wirral L66 4NF (Tel: 051-339 5316)

Carlisle
B&B specially adapted for wheelchairs. £16 per night. Easy access M6 Junction 44. Tel: 0228 27242.

SPACIOUS CARAVAN owned by the Felixstowe Society for the Handicapped (affiliated to the Spastics Society) on site 400 yards from Felixstowe sea front and promenade. Fully adapted for wheelchair users. Maximum capacity 5 adults with 1 child. Prices are £100 per week in July and August and £90 per week for the rest of the season. For details please contact Miss Mary Richardson, 9 Charles Road, Felixstowe. Tel: 0394 279173.

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caretours

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Your holiday should be the best time of the year. **Caretours** has spent the last 24 months ensuring just that. Our programme for winter 93/94 and summer 94 is ready now. Whatever your needs on holiday, **Caretours** can and will provide for it. From a lazy beach holiday to activity packed programmes like - River rafting, alpine and nordic skiing, water-skiing, horse riding, canoeing, mountaineering, dog sleighing, sailing, para-sailing and delta-sailing, trips and excursions; all suitable for wheelchair users. From the 15th December 1993 our fully accessible high street **HOLIDAY CENTRE in Fulham, London** - near Fulham Broadway Tube Station - will be open for free holiday advice in a relaxed atmosphere. For your free holiday information, send the coupon below to:

CARETOURS, 4-5 Shibden Fold, Stump Cross, Halifax, West Yorkshire, HX3 6XP.

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Address:

..... Tel. No:

Please send information on:

- | | | | |
|----------------------------------|--------------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> AUSTRIA | <input type="checkbox"/> BELGIUM | <input type="checkbox"/> CYPRUS | <input type="checkbox"/> EURO DISNEY |
| <input type="checkbox"/> FLORIDA | <input type="checkbox"/> FRANCE | <input type="checkbox"/> GREECE | <input type="checkbox"/> GERMANY |
| <input type="checkbox"/> IRELAND | <input type="checkbox"/> NETHERLANDS | <input type="checkbox"/> SWEDEN | <input type="checkbox"/> SWITZERLAND |
| <input type="checkbox"/> TURKEY | <input type="checkbox"/> HUNGARY | <input type="checkbox"/> SLOVAKIA | <input type="checkbox"/> CZECH REP. |

Addams Family Values

FILM

Andy Kimpton-Nye



The idea behind the second Addams Family movie is an attractive one. The Addams Family, who are seen as totally different to "normal" human beings due to how they look and act, are celebrated for their ability to embrace the unacceptable in society. So far so good.

And when sexy, able-bodied (naturally) gold-digger-cum-serial-killer Debbie Jellinsky (Joan Cusack) bursts on to the scene, planning to marry then murder lonely Uncle Fester for his fortune, it becomes a case of antiquated, if odd, family values versus a psychopathic brand of avaricious "me-me-me" consumerism. The Family, and their preference for the unacceptable, win the day. That's fine by me, too.

But basically this is a one idea plot. So, to provide added entertainment, the jokes fly thick and fast. Mostly at the expense of the "less than human" Addams clan (sample: Lurch, the "mentally impaired" butler, brings in the wedding cake. A girl is supposed to jump out but he's

misunderstood and put the cake in the oven). This means the film simultaneously promotes the difference of the Addams Family while making fun of it. An unsatisfactory clash of interests, wouldn't you say?

Two classic views of the "personal tragedy theory" of disability are that (1) impairment is seen as punishment from God or from evil magic, and (2) that disabled people are human beings whose full humanity is in doubt because their bodies are

impaired or limited.

Mark Jones' movie *Leprechaun* shows perfectly that these perceptions are alive and kicking in Los Angeles. The baddie (the leprechaun) portrays a disabled person as both malevolent and other than human.

The film tells the story of a group of people - a young man and woman, a small boy and a man with learning difficulties (who makes up fantastic stories, reads comics and is generally an overgrown kid, etc), terrorized

by a leprechaun in search of his crock of gold.

In the light of the debate on the harmful influence of violent videos prompted by the James Bulger case, it is amazing that this film only has a 15 certificate.

The evil role of the leprechaun is signified by his "dwarfish" stature, gargoyle-like facial features and physical awkwardness. In short, impairment signifies evil. Superstition clearly has a lot to answer for.



Keeping it in the family: newly weds Debbie (Joan Cusack) and Fester (Christopher Lloyd)

In Her Majesty's footsteps

The new galleries at the National Portrait Gallery (NPG) were officially opened by the Queen on 17 November. Amongst many outstanding features, they provide full access for disabled visitors.

I was invited to follow in Her Majesty's footsteps and try out the new facilities. I was not disappointed. A great deal of thought and genuine care has obviously been taken to meet as many needs as possible.

Access, the first need (and rightly so!) of any disabled person, has been well catered for, starting with the splendid ramped public entrance in Orange Street. This leads straight into the New Galleries (Level 1) which house the permanent collection of late 20th century portraits. An adapted toilet is also on this level.

Everywhere on this floor is smoothly accessible. Courteous help is offered and assistance available if requested. Guide and hearing dogs are welcome - even to a bowl of water.

The galleries themselves are simple and uncluttered, with well-placed seating. The lighting is fine and most of the

pictures and sculptures are at a good viewing height. There is a lift to all floors and a stairclimber to the mezzanine landings for wheelchair users. A parking space can be reserved, and special events planned for 1994 include sign-interpreted talks.

For the visually impaired visitor, the free, tactile floor plan is very useful. And there is a large print guide book (also free) to 15 of the best-known portraits. These include six sculptures that can be explored by touch. All the exhibits featured in the large print guide have large print braille labels to match. There are four thermoforms (raised images) of paintings, together with a descriptive audio tape for £5 returnable deposit.

I had never visited the NPG before, thinking that it would not hold much interest for me as a visually impaired person. How wrong can you be? I cannot wait to return and continue viewing, in my own way, all the very exciting portraits of famous figures and faces, presented in so many varied styles and media: the swaying form of Lynn

Seymour, the ballerina, floating gently, suspended on high from the ceiling; Aneurin Bevan peering out from craggy eyebrows on his one-and-a-half times larger-than-life head; and Andy Warhol's four faces of Queen Elizabeth, superimposed with blocks of colour that could please or shock. Beauty, elegance, caricature and humour are displayed side-by-side. In the video room, I managed to "see" bits of Duncan Goodhew diving and swimming in rippling water, quite stunning and hugely enjoyable.

Gioya Steinke

NPG, St Martin's Place, London WC2H OHE, tel: 071-306 0055 ext 216 for information, or ext 217 to reserve car parking.

Look out for

Artsline's free mobile library for Asian disabled and deaf people is on the road in London. For more information, contact Shainal Vasant or Fehmeeda Jafarey, tel: 071-388 2227 (voice and minicom).

Video top five

CC: closed captions, S: subtitles, N: nothing

1. NOWHERE TO RUN (20:20): Van Damme relies on action and more on acting. (N)
2. SOMMERSBY (Warner): Is Richard Gere Jodie Foster's long lost hubby? (CC)
3. INDECENT PROPOSAL (CIC): Is a night with Demi Moore worth a million dollars? (CC)
4. ALIVE (CIC): Plane crash survivors turn to cannibalism. (CC)
5. FOREVER YOUNG (Warner): Time-travel romance with Mel Gibson. (CC)

Andy Kimpton-Nye
Chart courtesy of MRIB

Exeter and Devon Arts Centre will be running the Tuesday Club, for people with learning difficulties, from January to March. Weekly workshops will cover art, mask making, drama, music, storytelling, dance and movement. £1 per session. To book a place, tel: (0392) 421111.

TV



Chris Davies

It would be easy to dismiss *If You See God, Tell Him* (BBC1, beginning 11 November) as merely daft and surreal. But to do so would be dangerous.

The leading character, Godfrey Spry, played by Richard Briers, had two accidents in the first episode. The first left him with the attention span of the average television commercial, the second made him a wheelchair user who drives around in an out-of-date, three-wheeled car.

Clearly, Spry is supposed to be eccentric. The disability element was probably considered to be incidental, but will viewers separate these two factors? I think not. Rather than being seen as silly, Spry comes over as a silly disabled person. Thankfully, this series only has four parts.

Just as *Hearts of Gold* departed (BBC1, 9 November) without any promise of returning, who should reappear but Desmond Wilcox, Esther's hubbie, with *The Visit* (ITV, 16 November).

This used to be a BBC programme. Presumably they didn't want it any more. Yet along comes brave new Carlton TV to resurrect the darn thing.

The Visit revolves around turning factual situations into drama. The first programme returned to "the boy David". No great turning point here: he graduated from high school and is still having facial operations.

The second film featured a young boy with muscular dystrophy whose impairment is gradually becoming more severe. Nevertheless, life goes on for him. Yet Mr Wilcox still reads monumental earth-shattering drama where there is none.

Can I be truly objective about this year's *Children in Need* (BBC1, 26 November), despite being paid to guide them on the portrayal of disabled people? Probably not, but my influence was only minimal. I did not choose the subjects of the films and I did not make them.

Decisions have to be made, both about who gets the funding and which projects deserve to be shown.

For example, the *Children in Need* Trust gave two large donations to a particular type of physiotherapy, but I wouldn't have chosen to report on this project. There are obvious pitfalls in trying to show the physiotherapy without resorting to physical explanations.

Share Your Problems

Accepting yourself, and moving on



Ann Darnbrough, DN, 12 Park Crescent, London W1N 4EQ

Modesty should forbid, but I was distinctly chuffed to hear from a reader in Russia who finds this column "stimulating and challenging". Today Europe, tomorrow the world!

Nataly was interested in the debate we had about accepting the use of a wheelchair (*DN*, July). She wrote: "Although I did not want even to think about it earlier, I am thinking about it now as I've lost the possibility to walk at all."

"I have not, so far, learnt to accept myself as I am. I was too optimistic that everything would change soon for the best. It did not."

'That awful wheelchair'

Nataly now has to re-assess her life: "I must accept myself in some other way than I used to be. This is terrible for me. I must use that awful wheelchair now, not only in certain situations, but all the time."

"You were right in saying that the image we have of ourselves affects everything we do. I used to be an object of attention, though I never understood why - perhaps because I was rather pretty. To

be honest, I liked it."

"Now to be an object of attention due to my disability is next to impossible for me."

Different future

This question of image, and how we see ourselves, is an important issue for all of us. For those who become disabled in early adult life, there is the difficulty of coming to terms with a different image, and probably a different future to the one they planned. I am sure that Nataly, and the rest of us too, would be interested to hear from readers who have coped in similar circumstances.

Also last year, we were talking about whether the wearing of callipers was a turn-off or a turn-on, prompted by a man who had written into *DN*'s Find a Friend column. One reader, "a polio wife", wrote: "Men who advertise in lonely hearts columns often specify things they seek in a companion - tall or short, slim or buxom, red head or blonde ... so why should you be shocked to read of an able-bodied male seeking

a lady who walks with callipers?"

Another reader, Beryl, has reservations: "Ann, I think you were right to be disturbed by the request. Men do specify what they want in a woman - funny that it's always based on how you look, not who or what you are. To treat women in this way is extremely sexist. The 'polio wife' seems to accept this sexist behaviour without a thought. I can't believe he was serious."

Sally wrote to me with yet another view: "Your 'polio wife' brought into the open something which many people are unwilling or unable to admit to publicly, because of a deep feeling of guilt and embarrassment - that they find women in callipers sexually exciting. In a way this is not surprising as leather bondage wear with lots of straps and buckles is frequently sexually stimulating for both men and women."

"I believe it would be a great relief for many if this quite normal calliper fetish could be accepted in the same way high heels and stockings are. If the use of callipers, either in real life or in fantasy, enhances a loving, sensitive and caring relationship, why should it matter?"

Men have their say

The women are not having it all their own way on this subject. My next letter was from a gay male who has for many years worn callipers and surgical boots. Peter, describing a particular friendship, wrote: "The first

time we met, I was seated in a meeting. It was only when I left that he noticed I was wearing callipers."

"He confessed that for many years he had wished to meet someone like me."

"He wanted to do virtually everything for me - which I found difficult - even to the point of fitting my callipers on and taking them off. This gave him great pleasure."

It is not only callipers that some people find attractive - missing limbs seem to be a turn-on too. Some time ago, Roy placed an ad in *DN* for "a

about an organisation called Overground (address at the end) which exists to support people, mostly men, who refer to themselves as "devotees" and as "wanabees". Devotees are men who are attracted to people who are physically unusual, especially to women amputees. Wanabees are people who want to become physically impaired.

Animal rights

How acceptable and wise is it to use animals in scientific experiments?

Sue Croshaw wrote: "Ten years ago, I realised that my image was being exploited by research charities to raise money that would ultimately cause pain and suffering to millions of laboratory animals."

"I decided to speak out against this double oppression, launching Disabled Against Animal Research and Exploitation (DAARE), a unique animal rights organisation for people with disabilities."

"After many months researching the facts, I discovered that animal experimentation was not only morally unjustifiable but scientifically unreliable. Animal experiments tell us about animals when we want to know about humans. This has led to many serious mistakes being made in finding treatments for humans. For real chances of cures, we must develop non-animal research methods and practice preventive medicine."

"Those of us, like me, who know our condition will not change, must be allowed to accept this fact. Our quality of life must be enhanced with equal opportunities and anti-discrimination legislation, instead of outrageous promises of cures from the vivisection industry, whose only motive, despite heart-rending advertisements, is simply one of profit."

What do you think? Do write soon.

Overground, PO Box 2444, Ardleigh, Colchester CO7 7SF. DAARE publishes a newsletter and a range of information sheets on the issues. Contact them at PO Box 8, Daventry, Northants NN11 4RQ.

HELP WANTED!



The *DN* telephone counsellor, Lin Berwick, is a psycho-therapeutic

counsellor, fully accredited Methodist local preacher, and qualified homeopath.

Disabled herself, she can give other disabled people and their carers advice and support on personal and spiritual problems.

Talk to her on Monday afternoons, 1pm-5pm and Thursdays 6pm-10pm. Her telephone number is (0708) 477582. *DN*'s helpline still needs a sponsor. Please contact the editor, Mary Wilkinson, on 071-636 5020 as soon as possible.

lady with missing limb or limbs". He believes that some shared interests are essential in any relationship, but there must be some physical attraction too.

Roy remains alone

The ad did not prove fruitful for Roy. He now feels that as a 50-year-old widower he is unlikely to meet a suitable amputee, "partly because of the obvious shortage of such partners, and very largely because of the apparent prejudice from the disabled community, including *DN*, against men with my preferences".

Finally, "J" wrote to tell me



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A lifetime of pain - and she's still smiling



Rheumatoid arthritis hit Margaret Lees from Kilmarnock, Scotland, when she was two. In the fourth of *DN's* series on pain, she tells Nazli Hussain how she leads a full life

I was two-and-a-half years old when I was diagnosed as having rheumatoid arthritis. It happened practically overnight: one evening I had a slight cold and the next morning I woke up rigid and straight. It affected all my joints, just out of the blue.

About half my childhood was spent in long-stay orthopaedic wards, often months at a time.

The pain was much worse when I was child - the arthritis raged through my body. It's so hard dealing with pain when you are a child because you're not in control and everything depends on parents.

I tried painkillers, steroids and different diets, but nothing worked. My parents even took me to a faith healer - that worked for a day!

I changed from walking reasonably well to spending part of the time in a wheelchair. By the time I was

15, I was in bed, weighing under five stone, due to arthritis and stomach problems.

Then I had four joint replacements which changed my life. Immediately after the operations, I was extremely frightened as I felt no pain at all. It was just incredible.

As I grew up, I found it much easier to control the pain. It was as if I could switch the pain on and off, and I felt in pain just when I was due to take the painkillers.

Now I am 29 and I don't take any pills - I haven't for 12 years. You could say I've been from one end of pain control and drugs to the other. Alarm bells started ringing, and I realised drugs were not the way for me. After coming off them I was in pain, but I could cope with it rather than the side effects of drugs.

People often say that it's a shame having arthritis from childhood, but I'm glad. Having grown up with the illness I now have a fairly high pain threshold. I've learnt to ignore low levels of pain.

How do I cope with the pain? It sounds simple, but when I'm having a bad patch I just cut down on what I'm doing.

Exercise is the key to learning to live with pain. A moderate amount of exercise helps to keep weight down too, especially if you're not too mobile.

A positive outlook is all-important. I've gained an Open University degree in social sciences, after leaving school with no qualifications because I missed so many classes. And I've learnt to drive.

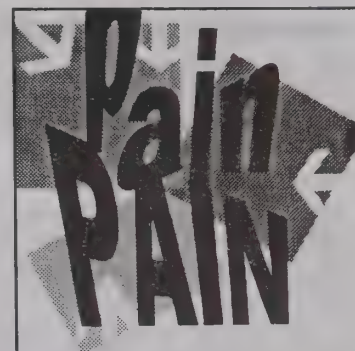


Graduation day: Margaret celebrates with Donald

With my husband, Donald, I do voluntary work for our local Arthritis Care group. Donald was born with a weakened left

side. He had a full time job, but was made redundant last year.

We like travelling and have been to places like Yugoslavia,



PATRICK BAGLEE

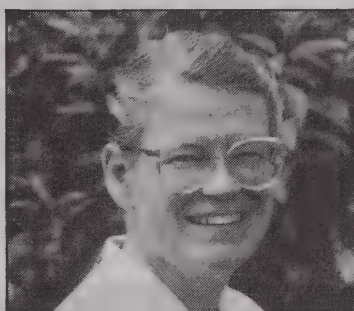
Egypt and Cyprus. Next year, we hope to go to Italy.

I prefer to make things to help myself, rather than buying specially adapted equipment from catalogues, which always look wonderful, but have not worked for me. My hands are too small for those reaching hands, so I made a hook stick. It is my lifeline, reaching everything I can't, including pulling up my jeans.

Rather than fighting your disability, I think you have to learn about it and your own levels of pain. My way is to find productive and flexible methods of coping with pain.

Just relax - disability is never the end of the world!

How we made each day count



When pain is constantly on your mind and in your body, getting up each day can seem pointless. Ken Spooner and his wife Mary decided to pack each day with activity to take his mind off the pain

After my husband Ken had reluctantly changed from his invalid car to a wheelchair, and from crutches to a hoist, we determined to keep his painful hands and fingers moving as long as possible, and to find new challenges for his active mind.

Ken remembered learning to knit back in his infant school days, so we made cot blankets for refugee children, using odd balls of brightly coloured wool. He was able to send several blankets overseas and I still treasure the last one he knitted.

He tried oil painting from simple outlines. He could not unscrew the caps of the paints, but with assorted coloured "squeezes" on his palette, he would become absorbed. Five particularly good paintings still hang in the lounge giving me comfort and satisfaction.

He also experimented with pencil drawings, charcoal sketches and cartoons, some of which were good enough to be included in a holiday brochure.



Ken Spooner's constant companion: Sally the collie

Next, he bought a Sinclair Spectrum computer, sharing this interest with our young son, who went on to take a degree in computer studies as a result. Ken devised programs to record addresses and a family tree. He bought a chess program, and played bridge too.

Helped by Linguaphone tapes, my husband brushed up on his German, learned Hebrew and some New Testament Greek. He spent many hours with a bible and concordance.

He also recorded Talking Books for the Blind, reading them on to a cassette.

As a family we could not go away on holiday together, so we adopted a variety of pets. Our collie dog was my husband's constant companion. On Father's Day, we gave him a kitten. She became very attached to him too, and when he was confined to bed she would regularly take up her position on top of the wardrobe. When my mother-in-law

died, we took in her budgie with ours, bought another pair and bred successfully in a home-made double breeding cage indoors. In the end, we had two outdoor aviaries and bred over 300 birds in 12 years. Being housebound, my husband always enjoyed the conversations when people came to buy the baby birds.

Ken's most time-consuming interest was his CB radio, enabling him to communicate on equal terms with lots of folk who had no idea of his extreme disability. He collected various mikes and receivers, adapted to his limited movements, and could pick up "breakers" from a great distance.

More than once he helped drivers who had had an accident, by contacting the police for them and giving directions. The radio licence cost only £10 a year - worth every penny.

My husband was disabled and in pain for 19 years. His hobbies have left many happy memories.

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Reg. Charity No. 288362

A warm welcome awaits all our guests old and new

HELP!

Charlie Ducker, an independent researcher, is setting up a

database to assist people in buying and selling property adapted for special needs. This service will be for disabled people only. Anyone interested in participating should contact Mr Ducker at 124 Cannon Hill

Lane, Merton Park, London SW20 9ET, tel: 081-715 5723.

Would you like to share your experiences of child-birth? Patricia Hogan is writing a book on the subject and

would like to include readers' stories - however amusing, poignant or just plain painful. If you can help, contact Ms Hogan at 40 Park Parade, Whitley Bay, Tyne and Wear NE26 1DX.

FIND-A-FRIEND

For Find A Friend ads please send a cheque or postal order for £3 payable to Disability Now with your ad. This is to help cover our costs.

MALE, 46, SINGLE. Looking for a lady about 40 who is slightly disabled have my own place and car. My interests include going to the cinema and eating out etc. I would like to find someone "special" Please send a photo. Box No. 615.

HELLO! I am a disabled man (26). I am friendly, shy, sincere, affectionate and understanding. I would like to make close friendships with nice and open-minded girls, disabled or not. Box No. 616.

AMPUTEE GAY MALE, aged 27, would like to establish correspondence with others similar (age group 20-30). Sense of humour and non-scene essential! Box No. 617.

PROFESSIONAL LADY (56) would like to hear from unattached gentlemen. I use a wheelchair for work - other times a walking frame. I have a great personality and a nice smiling face (sorry figure gone to seed). Fond of hearing aid users. Box No. 618.

22-YEAR-OLD LATVIAN GIRL with cp would like to correspond with young people in the UK. Good at English and able to communicate independently using a computer. Interests include writing poetry and studying nature. Box No. 619.

CARING MALE (31), partially paralysed down left side as a result of a road accident, seeks lady (25-35) living in Sussex. I enjoy music, meeting people, going out for walks and travelling. Box No. 620.

To reply to a Find-A-Friend indicate the Box Number and mark the envelope Private and Confidential. If you do not it will be opened. Send to DN, address on page 3.



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... NEWS QUIZ ... Answers page 31

1. How many British football teams qualified for the World Cup?
2. Who won the Turner art prize?
3. How old was rock singer Tina Turner?
4. Why was Prince Charles frustrated with the Government?
5. How old were the two boys who murdered James Bulger?
6. Which pop star was treated for an addiction to painkillers?
7. Which Disney film had some of its song lyrics changed when released in Britain, for fear of offending Muslims?
8. How many passengers were stranded on the London Underground in one day because of a power failure?
9. What did the Brady Bill in the USA legislate for?
10. How many people were charged with the 1991 assassination of Indian prime minister Rajiv Gandhi?

December winner

The £10 prize goes to Mr D G Flaxman of Sutton Coldfield, West Midlands. The lady with the dinosaur is telling a customer, "Yes of course it's got big eyes, it's an imsurehesaurus." Thanks to all who entered.



Win a £10 prize

Create-a-caption

Marion Andrews from London receives her Help the Aged/Tunstall Golden award for "triumph over adversity" from HRH the Princess of Wales, patron of Help the Aged. What might Ms Andrews be saying as she gets to grips with the statuette?



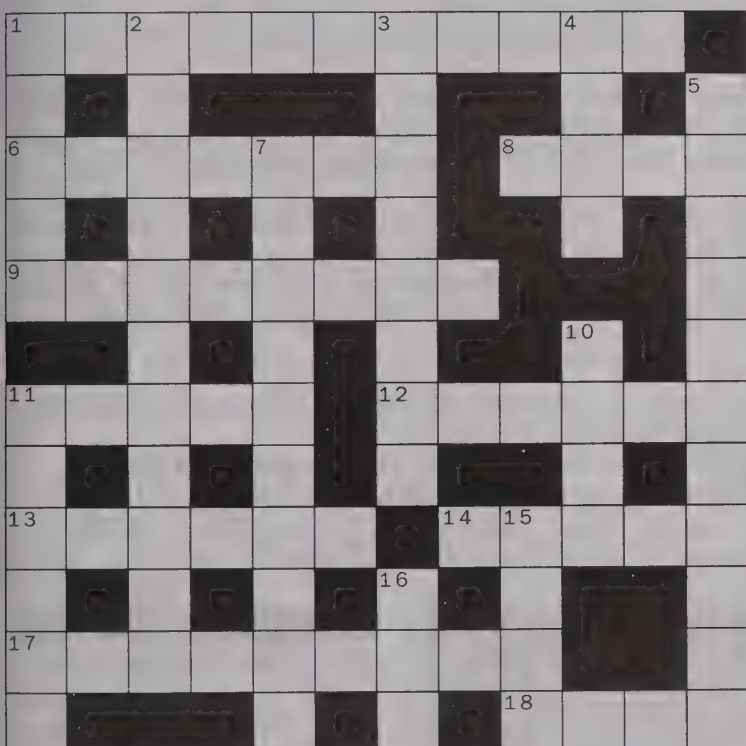
Is she offering to take HRH on for a spot of arm wrestling? Or are the two women discussing how on earth they'll pay the VAT on fuel?

Answers please to DN, 12 Park Crescent, London W1N 4EQ, by 13 January.

DN's crossword

Answers on page 31

COMPILED BY REBECCA REYNOLDS



ACROSS

1. Plan or scheme (11)
6. Rubber footwear (7)
8. Biggest or most important (4)
9. See 1 down
11. Smooth material (5)
12. Used a 10 down (6)
13. Partner in marriage (6)
14. Savoury jelly (5)
17. Becoming weaker (6,3)
18. Woman's name (4)

DOWN

1. Type of character in 1950s films and plays (5,5,3)
2. Boisterous (11)
3. Star line (anag)
4. Tidy (4)
5. Not expected (11)
7. Making a 1 across? (10)
10. Flail (4)
11. Female relative (6)
15. Secure (4)
16. Summit (3)

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Did you know that DN is available on tape for visually impaired people or for those who have difficulty holding a paper?

At the moment, this service is free. To go on our mailing list, contact Jenny Whitehead or Karen Bresloff, tel: 071-383 4575.

The Doings of Dan Nugent ('DN' to his friends) by Rigby



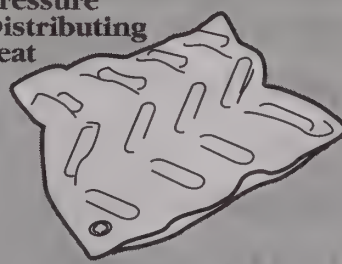
A black and white photograph of a child's birthday party. A woman is seated at a table covered with a white cloth, surrounded by children. The table is decorated with a scalloped edge and a banner. The background is decorated with a string of triangular bunting flags.

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MOVES

Bob Taylor, managing director of Birmingham International Airport and chairman of The Disabled Persons' Transport Advisory Committee, is now also lord lieutenant for the West Midlands. **Stephen Remington**, chief executive of Sadler's Wells, has been appointed director of Action for Blind People. **Derek Robertson** is the new general manager, marketing and fundraising, for Tadworth Court Trust. **Sarah Watson** will join him as publicity and information officer.

Classified lineage advertisements

Please use this form if you are a private individual and want to place a classified advertisement. Write clearly in block capitals. Remember to allow a space for each comma or full stop and a space between words. Use each space in the line even if you have to split words at the end.

Part of the first line will be in bold capitals

Continue on a separate sheet if necessary

Send this coupon with your name and address, daytime telephone number and a cheque for the total made payable to *Disability Now*, to:
12 Park Crescent, London W1N 4EQ.

DN reserves the right to edit advertisements if necessary at no additional cost. Completion of this form does not guarantee inclusion in a particular issue. **Sorry no refunds. DN is a non-profit making newspaper.**

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All small ads must be paid for in advance. If you want to advertise, please use the form on the left. Send it and a cheque for the total to *Disability Now*, 12 Park Crescent, London W1N 4EQ.

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LARK 4 ELECTRIC SCOOTER. Five-months-old, as new. Cost £2,400 new, will sell for £1,200 ono. Genuine sale. Tel: (0722) 790639. (Salisbury area.)

ORTHO KINETICS REHA BUGGY. Fully upholstered, would suit older child to adult. Extras included. Excellent condition. Cost £1,000, will accept £275. Tel: (0533) 776119.

METRO CHAIRMAN, Y reg, with ramp. 1,000cc, MOT, 34,000 miles. £2,500. Tel: (0737) 249562.

ALVEMA 108 PUSHCHAIR, suitable for child aged one to four years. Good condition, includes many accessories. Tel: (0279) 731293.

FIAT FIORINI, D reg, adapted van. Ramps and clamps for wheelchair access in rear. £2,950 ono. Tel: (0509) 502541.

ALVEMA PUSHCHAIR, suit child two to ten years. Comes complete with tray and raincover. One-year-old. £550 ono - cost double. Tel: (0902) 652600 for details.

ROLAC PANDA RAMP for estates. Cost £270 - unused in original packing etc. £120 ono. Tel: (0252) 844240 (N. Hampshire area.)

FIESTA COURIER automatic 4x1 with wheelchair ramp and electric winch. 3,000 miles, £11,500. Motability Finance available. Tel: (0225) 753009 or (0225) 775503.

POWERTEC 40 ELECTRIC Wheelchair Attendant. Dual control, kerb climber, aluminium ramps etc. 11-months-old. Cost £2,850, will accept £1,950. Tel: (0256) 472655. (Hampshire area.)

1991, J REG RENAULT EXTRA, 1.4. Converted by Pointings for wheelchair access with rear bench seat. 12,000 miles, as new, £5,750 ono. Tel: (0256) 53704.

EJELITE WHISPER WHEELCHAIR. Excellent condition (new tyres) plus tyre inflater. £800. Also, Volvo 240 Estate, G reg, navy blue, 50,000 miles. Excellent condition, £4,000. Tel: 081-670 4724.

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NEWTON LIGHTWEIGHT wheelchair. Never used, £250 ono. Tel: 081-804 2527.

ORTHO KINETICS CAR CHAIR with tray. Vgc, 15in seat, head and side supports. 25in wheel span. £200 ono. Tel: (0227) 471432.

ELECTRIC MOBILITY convertible powered wheelchair. 10 speed with extras. £900 ono. Tel: 081-804 2527.

TERRY WHEELCHAIR through-floor electric lift. £500. Tel: 061-969 3116.

VESSA VITESSE 3 POWERCHAIR. Left-hand control with extras. £500. Tel: 061-969 3116.

TURBO EVERAIDS WHEELCHAIR. Good condition, but needs batteries and overhaul. £350 ono. Tel: (0582) 35423.

PASHLEY PICKLE power-assisted tricycle. Suit child four to eight years. £100. Tel: (0945) 880586.

CARCHAIR SYSTEM. Wheelchair user lifted into car using automatic hand control. £2,700 ono. Tel: (0257) 279767.

BEC SPRINT ELECTRIC wheelchair with charger and kerb climbers. Used twice. New £2,000, will sell for £1,500 ono. Tel: 061-436 8726.

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BATRICAR 1989 AIRE 3 Kabin. As new, with extras. Vgc condition, £1,500 ono. Tel: 081-876 8979. (View Cheltenham).

LOFT SLINGSBY WHEELCHAIR ramp with platform. Reasonable offers. Tel: 071-833 0570.

VESSA VITESSE 2000 electric wheelchair with kerb climbers. Only a few months old, virtually unused. Cost £2,800, will accept £1,950. May be able to deliver. Brochure available. Tel: (0527) 871898. (West Midlands area.)

ASTRA CHAIRMAN, F reg, 729 miles, £7,000. Everest Jennings Wayfarer Electric Wheelchair, seven miles, £600. Carter lift, £100. Shower commode, £20. Mobile commode, £10. Contact B Groom, Emerson Farm, Shenley, Brookend, Milton Keynes MK5 7BG, tel: (0908) 501254.

CHAIR LIFT, left-hand or right-hand ascent. Vgc, £450. Tel: 061-330 4574.

VESSA VITESSE 3. Vgc - major overhaul in 1992 and not used since early 1993. £300. Tel: (0249) 720841.

CARTERS CHEETAH powerchair. 16in standard seat, right-hand joystick. New in July 1992, hardly used, vgc, £2,500 ono. Tel: (0249) 720841.

BEC STERLING XL invalid scooter. As new, £995. Tel: (0935) 891591.

BATRICAR AIRE 2, yellow, 4 wheeler. New 1989. Good condition with batteries. £1,200. Also trailer to suit with ramp available. Tel: 081-994 6322 or (0829) 760682 (Cheshire area.)

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ORTHO KINETICS LARK 4 Scooter. Bought September 1993 - hardly used, as new condition. Insured to November 1994. Cost £3,300, will sell for £2,200 ono. Can deliver. Tel: (0933) 228368.

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Part time administrator required for 6 month period, initially

Salary: £9,414 inclusive for 18 hours a week

The Community Care Trust exists to administer payments to disabled people to live independently at home.

The administrator will liaise with Social Services department and their clients (currently about 8 people) and

- invoice the local authority for regular payments;
- keep computerised and paper records;
- liaise with the Trust's treasurer;
- visit disabled people to help them deal with PAYE systems.

You will need experience of doing financial calculations and using a computer for basic records.

An ability to work on your own and organise your work is essential as is an understanding of the independence needs of disabled people.

Direct experience of disability is essential.

The administrator is based at Wyemead Centre, Oaks Grove, London, E4. Hours by arrangement.

Application forms from Lesley Bell, 2B Hatch Lane, London, E4. Tel. No. 081-524-5271

Closing date for completed applications: Monday 17th January 1994.

SIA SPINAL INJURIES ASSOCIATION

SPINAL INJURIES ASSOCIATION OPERATIONS DIRECTOR

The Spinal Injuries Association is seeking to appoint a disabled person as Operations Director to oversee the management of all aspects of its services and internal operation.

The successful candidate must possess a high level of managerial skill and experience, a sound knowledge of financial and budgetary control, good interpersonal skills, be able to build a strong team and demonstrate dynamic leadership, together with an empathy for the Association's philosophy of empowerment of disabled people. An awareness of the issues facing disabled people is essential.

Reporting directly to the Association's Governing Body this new position offers an opportunity to play a major role in the development of a leading disability charity.

Two year fixed term contract. Hours 9.30am - 5.30pm. Salary negotiable.

Details: Ms B Murphy, SIA, Newport House, 76 St James's Lane, Muswell Hill, London N10. Tel: 081-444 2121.

Closing date 4th February 1994.

WANTED

MALE CARER to assist a young, gay, disabled guy whilst on holiday in Majorca (October 1994). Must have care knowledge and first-aid experience. For details and application form, send a SAE to Box No. DN100, *Disability Now*, 12 Park Crescent, London W1N 4EQ.

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Disabled person required by national organisation of and for spinal cord injured people to manage a team of four giving information and advice to our members and their families over the whole range of daily living concerns affecting people with spinal cord injuries.

The successful candidate must be able to demonstrate knowledge of disability legislation and welfare rights, plus proven managerial and reporting skills.

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Details: Ms B Murphy, SIA, Newpoint House, 76 St James's Lane, Muswell Hill, London N10. Tel: 081-444 2121.

Closing date: 18th January 1994.

BBC TELEVISION

Trainee Researchers Features

Would you like the chance of training to be a Television Researcher?

Features Department, BBC Television, which makes programmes such as *Watchdog*, *Crimewatch UK* and *Holiday '94* are able to offer one year training opportunities specifically to people from an Asian, African, Caribbean or Chinese background and to people with disabilities, as these groups are currently under-represented within the department.

You will have the chance to develop your journalistic skills, learning how to research, write and produce items for the programme. At the end of the training, you will be able to compete for vacancies at Researcher level as they arise within the Department, although further employment is not guaranteed.

You should have some knowledge of, and lots of enthusiasm for television and be able to communicate ideas in an interesting, clear and coherent way. A degree and/or good journalism/media experience is required.

This traineeship is advertised under section 37 of the Race Relations Act 1976.

Salary £14,405 p.a. plus an allowance of £1,588. Based West London.

For an application form and information pack send a postcard (quote ref. 13983/DI) by January 4th to BBC Corporate Recruitment Services, PO Box 7000, London W12 7ZY. Tel: 081-749 7000 Minicom 081-752 5151.

Application forms to be returned by January 7th.

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This is a key role in our advice provision and you will be working in-depth with welfare benefits both advising your clients and in taking up social policy issues. You will be visiting clients at home and running advice sessions out of the bureau. You will need to be creative and persistent in devising and running projects which best meet the needs of your clients. You don't need qualifications for this post.

Due to the nature of the clients you will be dealing with, and to an under-representation of people with disabilities in the organisation, this post is designated for those with disabilities.

For a job information pack (CV's not accepted) please write to the Personnel Section, NACAB London Division, 136-144 City Road, London EC1V 2QN or telephone 071 253 4341 (answerphone 9-5 quoting ref. LD94/01). You can also request information in large print, braille or on tape.

Closing date: 21 January 1993. Shortlisted applicants will be interviewed on 4 February 1994.

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Disability Now is not responsible for the claims made in the advertisements it prints. Readers are advised to check claims with the advertisers before relying on them.

PLANNING AND ARCHITECTURE

Access Officer

SO2 (£17,466-£18,504)

Stoke-on-Trent City Council is committed to equal opportunity for people with disabilities. A new post of Access Officer has been created in the Building Control Division of the Department of Planning and Architecture to enhance this commitment.

The successful candidate for this post is expected to be pro-active in the implementation and development of the Council's Access Policy and will need to demonstrate:-

- A practical awareness of the needs and aspirations of people with disabilities and an ability to communicate at all levels.
- A good working knowledge of relevant legislation, and to be able to offer technical advice on Access matters in connection with design proposals at the earliest possible stage. (A relevant professional qualification would be preferred but is not essential).
- The ability to work on own initiative within the framework of City Council policy and act as a focal point and co-ordinator on access related issues.

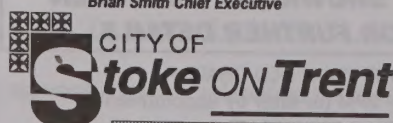
For further information please contact Geoff Rouane, Assistant Director (Building Control), Tel. (0782) 404116.

Application forms from Sandra Miller, Tel. (0782) 404338.

All applications for jobs are considered on merit with equal opportunity for all. Since the following groups are currently under-represented in the City Council workforce, we encourage applications from ethnic minorities and people with disabilities.

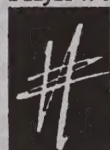
City Council employees currently enjoy a smoke free working environment.

Brian Smith Chief Executive



PUTTING PEOPLE FIRST

HIJINX



ARTISTIC CO-ORDINATOR

This post requires a knowledge of theatre and directing, the ability to work with a target audience, a commitment to co-operative working and an artistic vision to develop the company through the 90s.

More details and an application form available from:
HIJINX THEATRE CO-OPERATIVE,
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GRANGETOWN, CARDIFF, CF1 7NF.
Tel: (0222) 395238.

Award winning HIJINX Theatre (est. 1981) is a Welsh-based ITC company and an equal opportunities employer.

Closing date for applications:
Monday 17th January 1994.

General Manager ISCO 5

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ISCO 5

An important opportunity exists to bring your management and commercial skills to head a group of sheltered factories in West Yorkshire with a sales turnover of £4.5m and 130 employees. A recent review by the managing board (Joint Venture Group) reaffirmed the need for a committed and experienced manager to ensure the organisation has a viable future.

This is a demanding job, which will require operational management, marketing, financial and sales skills. Competitive pricing, contract negotiating and related commercial experience are essential, along with the ability to build and motivate a team of four senior managers.

We need a production-orientated manager with the qualities and experience to lead this enterprise within a commercial environment established for a registered disabled/visually impaired workforce (80 employees are RDPs).

You should have 3-5 years' experience in senior management within the manufacturing/production sector and/or be qualified or experienced in a related background requiring considerable management/motivation skills. This job has all the demands of the business environment within a public sector setting.

Closing date: 20 January 1994.

Disabled people are not currently represented in our management posts and we are anxious to encourage applications for this post.

ISCO 5 aims to be an equal opportunities employer.

Application forms and further details are available from the Chair, Joint Venture Group, c/o Strategic Personnel, 6th Floor, Metrochange House, 61 Hall Ings, Bradford BD1 5SF. Tel. Bradford (0274) 752048.

ARE YOU DISABLED AND INTERESTED IN WORKING WITH DISABLED PEOPLE?

Living Options in the North West requires a Coordinator to continue building partnerships between service agencies and disabled people, including training, advice and support for new and existing User Groups.

Applicants must be able to travel throughout the North West.

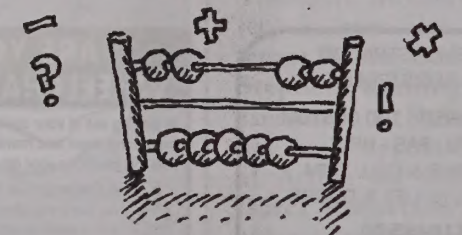
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Full time position with salary around £14,000.

Applications in writing by 17th January 1994 to:-

PA Dufton, Living Options Wirral, 39 Dawstone Road, Heswall, Wirral, Merseyside L60 0BT. Telephone 051-342 6312.

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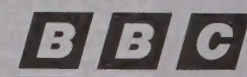
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BBC Corporate Recruitment Services,
PO Box 7000, London W12 7ZY.

Tel. 081-749 7000 Minicom 081-752 5151.



Current vacancies can also be seen on Ceefax page 696.



Working for equality of opportunity



CROYDON ASSOCIATION OF PEOPLE WITH DISABILITIES

P/T CO-ORDINATOR

£15,168 p.a. (Pro-rata 20 Hrs. Incl. OLW.)

To co-ordinate the administration of CAPD's office and volunteers with a view to assisting in the expansion of a flourishing association representing disabled people in Croydon. Applicants should be fully conversant with current disability issues, prepared to work in a supportive role to the Executive Committee, experienced in working with people with disabilities and should preferably be computer literate.

Applicants must be committed to equal opportunities. We particularly welcome applications from people with disabilities and from people from other minority groups.

For information pack and application form please write to:

CAPD, 487A Purley Way, Croydon, CR0 4RG.
Or telephone: 081-680 7014 / 081-760 9927
Minicom: 081-680 7004

CLOSING DATE: JANUARY 21st, 1994

Deadlines for February issue: booking by 14 Jan, camera ready artwork/copy by 17 Jan.



LEEDS CITY COUNCIL

DEPARTMENT OF SOCIAL SERVICES

EQUALITY DEVELOPMENT OFFICER (DISABILITY) REF ADM22
PO2 £18,894 - £20,541.

This post is located in our Service Development Section. Working on your own or as a member of a team you will be responsible for advising the department on a range of issues affecting disabled people. In particular, matters concerned with recruitment, employment and training, and the delivery of services to disabled people. You will be responsible for the development and monitoring of policies and procedures as well as advising on issues such as consultation, information and access.

You should have:

- Proven experience of actively working to challenge disabled people's oppression and developing and implementing equal opportunities policies for disabled people.
- An understanding of disabled people's issues in the provision of social care and the practical access needs of disabled people.
- Ability to motivate others and work in a flexible manner.
- Knowledge of employment legislation and employment services concerning disabled people.
- A commitment to all equal opportunities issues.

Details also available in Braille, Large Print and on Tape.

THIS POST IS OPEN TO DISABLED PEOPLE ONLY.

For informal inquiries telephone John England, Service Development Officer (0532) 478647.

Application forms by writing enclosing a large s.a.e. to Acting Chief Social Services Officer, Selectapost 9, Sweet Street, Leeds LS11 9DQ.

DEPARTMENT OF COMMUNITY BENEFITS AND RIGHTS
EQUAL OPPORTUNITIES UNIT

EQUAL OPPORTUNITIES OFFICER (DISABILITY) REF CBR19
Scale SO1 £15,669 TO £16,710.
RE-ADVERTISEMENT

This post is located in the Disability Section of the Equal Opportunities Unit. Working either on your own or as a member of a team, you will be responsible for delivering high quality service development initiatives in partnership with Council Departments and Direct Service Organisations.

We are looking for someone who has:

An in depth understanding of disabled people's equality issues in a Local Authority including the practical access needs of a wide range of disabled people.

Proven experience of working to challenge the oppression of disabled people and achieving change in bureaucracy.

The ability to work in a flexible, co-operative manner.

A commitment to all equal opportunities issues - in particular those affecting women and black people.

As this is a re-advertisement, previous applicants need not re-apply.

Application forms and further details are available from Leeds City Council, Personnel Officer, Department of Community Benefits and Rights, Civic Hall Annexe, Leeds, LS1 1UR.

Details also available in Large Print, Braille and on Tape.

THIS POST IS OPEN TO DISABLED PEOPLE ONLY.

Closing date for both positions 27th January 1994.

"WORKING TOWARDS EQUALITY OF OPPORTUNITY"
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ACROSS: 1. Arrangement
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12. Lashed 13. Spouse
14. Aspic 17. Easing off
18. Enid
DOWN: 1. Angry
2. Rumbustious 3. Entrails
4. Neat 5. Unpredicted
7. Organising 10. Whip
11. Sister 15. Safe
16. Top

NEWS QUIZ ANSWERS

1. None 2. Rachel
Whitread 3. 55
4. Lack of backing from the
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Industry for his trips
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Jackson 7. Aladdin
8. 20,000 9. Restrictions on
the sale of guns 10. 26

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our exciting year of relaunch and
name change.

We need an enthusiastic, self
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administrative support for the
department. A minimum speed of
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skills are essential. Experience

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spread sheet packages is an
advantage. As the first point of
contact with senior managers and
major donors you will need
excellent interpersonal skills, and
a sense of humour to help you
meet the challenges of working in
a fundraising team.

For further details and an
application form, telephone
Anne-Marie Lewis on 071 387
5505. Closing date is 6th
January 1994. Interviews to be
held week commencing 10th
January 1994.

We welcome applications from
people with disabilities.

WORKING TOWARDS EQUALITY

The Arts Connection

A specialist arts organisation which exists to create equality
and opportunities in the Arts, wishes to appoint a

DIRECTOR

Salary £18,500 - £20,000

This is a unique opportunity for a dynamic manager to work
with the Board and staff team in developing arts provision with
and for people with disabilities, elderly people and others who
might be excluded from or unable to make full use of existing
arts provision.

For information and application form please send
an A4 self-addressed envelope plus stamp to:

The Arts Connection (Directors Post), Cumberland Centre,
Reginald Road, Portsmouth PO4 9HN.
tel: (0705) 828392.

Closing date for applications
Monday 31st January 1994

The Arts Connection is working towards an Equal Opportunities
Policy and particularly welcomes applications from people
with disabilities

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MP hits out

Labour MP Brian Wilson has hit out at doctors who use "scarce medical resources" to screen out babies with learning difficulties.

Mr Wilson, who has a two-year-old boy with Down's Syndrome, told a conference on screening for foetal abnormality at Newcastle in November that "Screening should be very low in any list of priorities for our

beleaguered NHS."

The Cunningham North MP said St Bartholomew's hospital estimates that it costs £38,000 to avoid the birth of a baby with Down's Syndrome.

"This is not right," he said. "While researchers work on these tests, what is being done to create a high quality support system for babies who have been born with the condition?"



Commons campaigner Brian Wilson relaxes with his disabled son Eoin



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Asian families need help

Asian families with disabled members are not getting the support they need, according to a new report.

The study, of 30 families in Bradford, found that the Asian tradition of the extended family meant that most Asian disabled people were being cared for by relatives with inappropriate support, or no support at all.

Some families had even remortgaged their homes or taken out expensive loans to pay for adaptations because they did not know how to apply for help.

The report, published by the Asian Disability Advisory Project Team, The Spastics Society and Barnardo's, said schemes were needed that offered Asian families help and advice. It recommended that occupational therapists use interpreters.

Asian and Disabled, £3.95, Barnardo's Keighley Project, 13 Malsis Road, West Yorkshire BD21 1RF.

Ideas man



Matthew Dobson (above) won the Birmingham Cooperative Development Agency's Enterprise disability competition in November. He took home £400 for coming up with the best business idea - a catering firm called Snack-a-Fax, which takes orders by fax machine.